



COVID-19 Update: October 16, 2020

Resources for First Nations, Inuit and Métis Community Members

Kwey, Aniin, Shé:kon, Ainngai, Taanshi,

We would like to begin by honouring the Algonquin Anishinabeg people, on whose traditional unceded territory the City of Ottawa is located. We would like to extend this respect to all First Nations, Inuit and Métis peoples, their ancestors, their Elders and their valuable past and present contributions to this land.

Here are some highlights of the week from Ottawa Public Health (OPH):

Modified Stage 2 Restrictions



Ontario Implemented Additional Public Health Restrictions

Ottawa is seeing an increase in COVID-19 infections. As a result, social gatherings and public events must be reduced to no more than **10 people indoors** and **25 people outdoors**. Trips outside of home should be limited to essential trips only such as grocery shopping, medical appointments and outdoor physical activity. Visit the [provincial website](#) for the latest information.

Let's take care of each other! Wash your hands. Stay 2 metres apart. Wear a mask.

Please see our updated poster [Practice Physical Distancing, Wear a Mask](#) in [Algonquin](#), [Inuktitut](#) and [Michif](#).

New Testing Process



As of October 6th, COVID-19 testing in Ottawa is by appointment only. Check out our [COVID-19 Testing Information](#) website for more information, locations and to book an appointment online.

[Akausivik Inuit Family Health Team](#) offers testing for Inuit residents from 9:30 am to 5 pm, Monday to Friday. Call for an appointment at 613-740-0999. Services are available in Inuktitut and English.

Cooking Demo by Chef Trudy Metcalfe-Coe



Cooking Demonstration with Chef Trudy Metcalfe-Coe: Blackened Arctic Char

Inuit Chef Metcalfe-Coe, usually based in Ottawa, is currently in Iqaluit on a one-year contract as a peer advocate at the Qajuqturvik Community Food Centre.

Wednesday Nov 4, 2020 at 6:30pm (online). Register through the [Ottawa Public Library](#) webpage.

Resource Updates



[Elevator Etiquette](#) posters are now updated to include information on wearing a mask. This bilingual poster is available in [Algonquin](#), [Inuktitut](#) and [Michif](#).

[What You Need to Know About COVID-19](#) is a visual resource that provides general facts on:

- symptoms
- self-isolation
- how to avoid the spread
- what to do if you get the virus

It is also available in [Algonquin](#), [Inuktitut](#) and [Michif](#).



For up-to-date information on the COVID-19 pandemic in Ottawa, visit ottawa.ca/covid19 or OttawaPublicHealth.ca/FirstNationsInuitandMetis/

You can also call 3-1-1 (TTY: 613-580-9656)