



COVID-19 Update: October 23, 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):

COVID-19 Testing at Wabano



Wabano will be offering COVID-19 on-site testing for First Nations, Inuit & Métis community members. **By appointment only!**

Date: Monday, October 26th & Tuesday, October 27th

Time: 9:30 am to 4:00 pm

Location: 299 Montreal Road, Ottawa

Please call 613-748-0657 (Ext. 456) to book your appointment. For more information please visit <https://wabano.com/clinic/novel-coronavirus-covid-19/>

Indigenous COVID-19 Information & Resources



Check out the [Indigenous COVID-19 Information and Resources](#) on the University of Toronto Libraries website for information on:

- Wellness resources
- Indigenous health agencies
- Indigenous responses to COVID-19

Be Safe, Be HalloWise

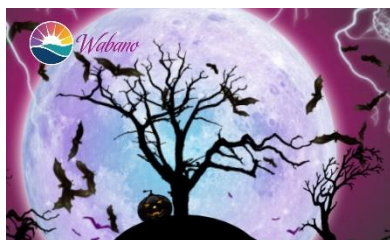


Ottawa continues to have a high number of COVID-19 infections. **Traditional door-to-door trick-or-treating is not recommended.**

OPH is encouraging everyone to celebrate Halloween at home this year. You can still have fun *and* be safe. Dress up. Decorate a cloth mask or pumpkin. Haunt your mind by sharing scary stories with friends on Facetime. Play hide and seek for a few tasty treats in your home or yard.

For more **Be HalloWise** tips please see our [Be Social Wise](#) webpage.

Wabano Halloween Virtual Movie Night



Wabano is offering a ZOOM Halloween movie night on **Friday, October 30th from 5:45 pm - 7:00 pm.**

To register, please contact: Edward Paibomsai, Healthy Living Coordinator at epaibomsai@wabano.com or 613-748-0657, Ext. 282 by **October 28th**. For more information see [Wabano Facebook](#).

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)