



COVID-19 Update: November 9, 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):

Learning to Live with COVID - Be Social Wise!



Our actions as a community make a difference! The rapid rise in COVID-19 infections earlier this fall has levelled off. The recent modified Stage 2 closures helped to reduce the rate of infections. It's important that we continue to work together to reduce COVID-19 in the community. Please see [Be Social Wise](#) for more info.

Please watch [Physical Distancing - Stop the Spread of COVID-19 in Indigenous Communities](#) by Indigenous Services Canada, available in [Mohawk](#), [Michif](#), [Mi'kmaq](#), [Ojibwe](#), [Oji-Cree](#), [Stoney Inuktitut](#).

Flu Clinic at Wabano



Book your flu vaccine appointment today!

Getting your annual flu vaccine is an important way to help protect yourself, your family and vulnerable people in our community against seasonal flu.

Book online [here](#) or call Wabano's clinic at 613-748-5999.

New COVID-19 Response Framework

On November 3rd, Ontario released its new [COVID-19 Response Framework](#) to help the province be safe and open. As of November 7th, Ottawa will be the Orange stage.

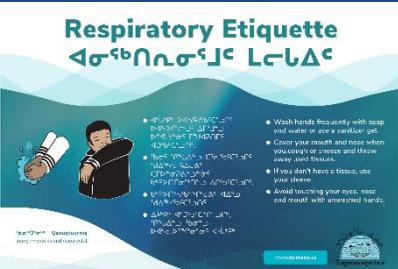
PREVENT (Standard Measures)	PROTECT (Strengthened Measures)	RESTRICT (Intermediate Measures)	CONTROL (Stringent Measures)	LOCKDOWN (Maximum Measures)
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COVID Resources for Indigenous Youth



The COVID-19 pandemic has made many people feel worried and uncertain about the future. [COVID-19: Resources for Indigenous Youth](#), produced by the Canadian Red Cross, includes practical tips and tools for self-care, keeping in touch, staying safe online, and helping friends.

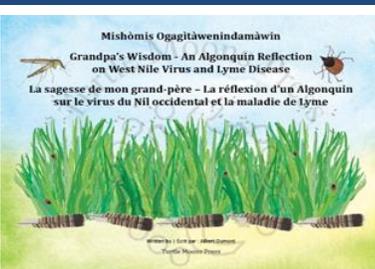
New Resources by Tungasuvvingat Inuit



New posters by Tungasuvvingat Inuit are now available on the OPH [website](#). These posters are in Inuktitut and English.

- [Physical Distancing](#)
- [Mandatory Mask](#)
- [Respiratory Etiquette](#)
- [Be Kind](#)

Grandpa's Wisdom by Elder Albert Dumont



OPH and author/illustrator Albert Dumont are pleased to share a new resource, **Grandpa's Wisdom: An Algonquin Reflection on West Nile Virus and Lyme Disease**. Limited edition copies will be distributed to Algonquin communities and local Indigenous agencies, as well as area schools and libraries. It is available for viewing on OPH's [website](#); hard copies may be purchased directly from Mr. Dumont.

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)