COVID-19 Update: November 23, 2020
Resources for First Nations, Inuit and Métis Community Members

Kwey, Aniin, Shé:kon, Ainnngai, 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 in Ottawa**

The Coventry Drive Thru COVID-19 Assessment Centre will relocate to National Art Centre (NAC) parking garage for the winter. An Assessment Centre at McNabb Community Centre will open later this month. To book your test, go to COVID-19 Testing Information website.

For Inuit wishing to access COVID-19 testing, please contact Akausivik Inuit Family Health Team for an appointment.

Services offered in Inuktitut and English.
Address: 24 Selkirk Street, Suite 300
Telephone: 613-740-0999
Hours: 9 am to 5 pm, Monday to Friday

**Phase 4 Engagement Survey**

Please share your thoughts!
We’ve been in a COVID-19 emergency response for 8 months now. We want to know your challenges when trying to follow public health COVID-19 recommendations. We want to hear ideas for safer holiday gatherings and social activities.

Please fill our new survey and forum questions on Engage Ottawa.

**Masks**

OPH encourages you to choose three-layer masks when buying or making new masks. You can continue to wear your well-fitting two-layer masks since they work almost as well as three-layer masks. However, as you replace or add to your cloth masks, look for 3-layered masks.

For more Information, please see our Masks webpage.

- **Mask Required** poster in Inuktitut and English by Tungasuvvingat Inuit.
- **Practice Physical Distancing, Wear a Mask** in Algonquin, Inuktitut and Michif.
- **Safely Putting on and Taking of a Non-Medical Mask** in Algonquin, Inuktitut and Michif.

**Take Care of Your Mental Health**

If COVID-19 is affecting the mental health of you or someone you know, help is available.

- **National Women’s Association of Canada** offers many Indigenous-specific programs such as an Elders Support, Youth & 2SLGBTQQIA Support, Domestic Violence & Sexual Assault help and Suicide Prevention.
- **Kids Help Phone** is always there. No judgment, totally private, 24/7. Visit KidsHelpPhone.ca, call 1-800-668-6868 or text CONNECT to 686868.

For up-to-date information on the COVID-19 pandemic in Ottawa, visit ottawa.ca/covid19 or OttawaPublicHealth.ca/FirstNationsInuitandMetsis/
You can also call 3-1-1 (TTY: 613-580-9656)