



COVID-19 Update: November 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 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

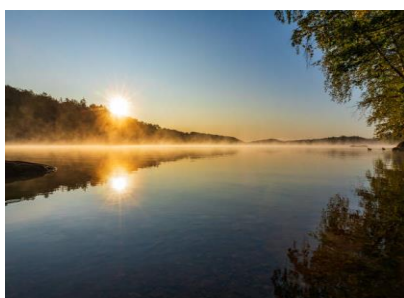


OPH encourages you to choose **three-layer masks** when buying or making new masks. You can continue to wear your well-fitting two-layer masks since they work almost as well as three-layer masks. However, as you replace or add to your cloth masks, look for 3-layered masks.

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.
- An [On-line Resources for Indigenous Communities: Mental Health Wellness and COVID-19](#) by Indigenous Services Canada.

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)