COVID-19 Update: December 7, 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):

### Limiting Your Close Contact

These days, OPH is asking everyone to limit their contacts to the people living in their households. But many people live alone and social support is important.

If you live alone, please limit in-person gatherings to the same 1-2 friends or loved ones and remember to be Social Wise.

### Holiday Wise Ideas

The holiday season is right around the corner and the hope of celebrating with family and friends can be felt. Unfortunately, COVID-19 is still very present in Ottawa. OPH recommends finding other memorable ways to celebrate that will keep you and your loved ones as safe as possible.

For some holiday-wise ideas, see: OttawaPublicHealth.ca/SocialWise

### Staying Well During Winter

The days are shorter, the weather is colder… It’s normal to feel a bit lonely. It’s important to, check in with yourself, with a friend and/or neighbour. Try taking a walk. It’s good for mental health and well-being. Please see OPH’s Winter Activities fact sheet for more ideas.

Indigenous youth in British Columbia developed videos on how to stay well and connected, even during the pandemic. See their videos and read their pages to find out what they are doing to feel connected.

### Virtual Event with Albert Dumont

Wabano is hosting a virtual Zoom event with Albert Dumont on Isolation, Loneliness and Alcohol Use During the Pandemic, on Wednesday, December 9, 2:00 – 4:00 pm.

Albert Dumont is a poet, storyteller, speaker, and an Algonquin traditional teacher. This event is intended for First Nations, Inuit and Métis community members in the Ottawa area.

For more information or to register, please contact Kevin Qitsualik at 613-748-0657 ext. 286 or kqitsualik@wabano.com

### Take Care of Your Mental Health

Please know that mental health and substance use supports are available in Ottawa, including services provided by the Akausivik Inuit Family Health Team.

For more information on mental health resources and services, please check out the Resources for First Nations, Inuit and Métis Community Members at OttawaPublicHealth.ca/FirstNationsInuitandMetis.

### Support for Learners

Parents or guardians of school-aged children may be eligible to receive some financial support to help with additional costs due to COVID-19, during the 2020-2021 school year. If you are eligible, you will receive a one-time payment for each child.

For more information and to apply, please see the Government of Ontario website. The deadline to apply is January 15, 2021.

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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)