



COVID-19 Update: August 7, 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):

What is a Social Circle?



The province of Ontario now allows individuals to form groups of 10 or fewer people. This is called a social circle. Those who become part of a social circle may have closer contact: no need to physical distance from each other, can spend time indoors and outdoors with each other, and HUG!

However, no one should be part of more than one circle. This means that they agree to only join one circle, and physically distance with anyone outside the circle. Remember the fewer contacts, the better!

For more information from the Ministry of Health, check out their resource on [How to Build Your Social Circle](#).

See this video on [Physical Distancing - Stop the Spread of COVID-19 in Indigenous Communities](#) which are also available in [Mohawk](#), [Michif](#), [Mi'kmaq](#), [Ojibwe](#), [Oji-Cree](#), [Stoney](#) and [Inuktitut](#).

**New Resource: What You Need to Know About COVID-19



A new factsheet is available on important key messages about COVID-19, including symptoms, general facts, self-isolation, how to avoid the spread of the virus and what to do if you get the virus.

For [What You Need to Know About COVID-19](#) resource in Inuktitut, please visit the [General COVID-19 Information](#) tab of our [Resources for First Nations, Inuit and Métis Community Members](#) webpage.

Facts sheet will be available in Algonquin and Michif shortly.

Parenting and Pregnancy Resources



Parenting during COVID-19 can be challenging, and those that are pregnant or after having a baby are at a higher risk of mental health issues. Parents are encouraged to reach out to family, friends, community supports and their health care provider during this difficult time to talk about their mental health.

For links to cultural-based resources please visit the [Parenting and Pregnancy Resources](#) tab of our Resources for First Nations, Inuit and Métis Community Members webpage.

For general information visit the [Resources for Those Pregnant and Parenting During COVID-19](#) webpage.