



COVID-19 Update: July 10, 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):

Masks

**MASK OR FACE COVERING
REQUIRED**



As of July 7th, face masks are mandatory in enclosed public spaces including shopping malls, community centers, stores and more. This includes wearing cloth or medical face masks or a face covering such as a bandana or scarf that covers your nose and mouth. Check out this video for more details: <https://bit.ly/3gNnoNb>

Watch this video information on how to properly wear a cloth mask: <https://bit.ly/2Zbt0dW>

If you or your family are in need of a cloth mask and you cannot afford one, the City's Human Needs Task Force can help! If you live in Ottawa call 3-1-1 or email the HNTF@ottawa.ca to find out how to get one.

For more information, please visit: ottawapublichealth.ca/masks.

Mental Health



Akausivik Inuit Family Health Team (AIFHT)

Mental health support services are available in Inuktitut and English for Inuit of all ages To book an appointment please call **613-740-0999**.

Other Support Services

[Talk for Healing](http://www.talk4healing.com) provides culturally sensitive counselling, advice and support to Indigenous women. Services are available in 14 Indigenous languages. Please call **1-855-544-4325** or access services online www.talk4healing.com.

Let's Stay Connected

We want to make sure that everyone who needs counselling can get it. We also know that staying connected to each other is an important part of protecting our mental health. Check out our ["Let's Stay Connected"](#) handout for ideas and resources.

Violence Prevention Resources



Native Women's Association of Canada (NWAC)

In situations like the COVID-19 pandemic, we know that there are increased rates of gender-based violence and abuse. NWAC is committed to providing First Nations, Inuit and Métis women, girls, and gender-diverse peoples with the support they need. Please see the [NWAC website](https://www.nwac.ca/covid19-support/) for more information about these support services: <https://www.nwac.ca/covid19-support/>

Assaulted Women's Helpline

Staying home isn't safer for everyone. If you or someone you know have experienced any form of abuse, the Assaulted Women's helpline provides 24/7 support, information and referrals. Services are available in 154 languages. For assistance please call 1-866-863-0511. For more information: www.awhl.org

City Reopening Plan



In July and August, many City services are reopening in different ways. [Find out](https://bit.ly/2BK4gAQ) how to access services safely. Read the full reopening plan here: <https://bit.ly/2BK4gAQ>

Wading pools, and indoor and outdoor swimming pools are gradually reopening across the city. For more details, please see: <https://bit.ly/3gGFuQH>

COVID-modified Swimming Lessons

Swimming lessons will also be resuming. Registration will open on Monday, July 13 at 9pm. For more information, check out: <https://bit.ly/2W0rUQe>

Beat the Heat



The City has **emergency cooling centres** available during heat waves to help residents stay cool. Click on this link for a list of these facilities: <https://bit.ly/2BT3mlq>

For up-to-date information on how to beat the heat in 2020, please visit the OPH webpage: Ottawapublichealth.ca/heat/ or call us weekdays at 613-580-6744.

Phase 2 – COVID-19 Survey



In case you missed it!

The NEW Phase 2 COVID-19 survey has been launched. Now that we've been in a COVID-19 emergency response for several months, OPH wants to know your thoughts on how things are going and how we can better support you.

Please check out: engage.ottawa.ca/covid19 to complete the Phase 2 COVID-19 survey and to read the results from Phase 1.

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)