



## COVID-19 Update: July 24, 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):

#### Be COVID Kind Poster



[Be COVID Kind](#) poster is available to print and post in public places.

Not everyone can wear a mask. Please be kind and respectful to people who are unable to wear a mask. We are in this together, and we will get through this pandemic by caring for our neighbours and looking out for each other.

Please watch this video on [Mandatory mask exemption](#) and see our [Mask](#) webpage for more information:

[OttawaPublicHealth.ca/Masks](https://ottawapublichealth.ca/Masks)

#### By-law Mask Required posters



A [Mask Required](#) poster with a heading in multiple languages including **Inuktitut** is available to print and post in public spaces.

On Wednesday, July 15, Ottawa City Council passed a temporary by-law requiring residents to wear masks in all enclosed public spaces, such as recreational facilities, shopping malls, retail stores, restaurants and cafés. The mask bylaw also applies to buses, trains, stations, shelters and platforms.

This by-law has been put into place to reduce the spread of COVID-19 in indoor public spaces, especially as more businesses and services begin to reopen.

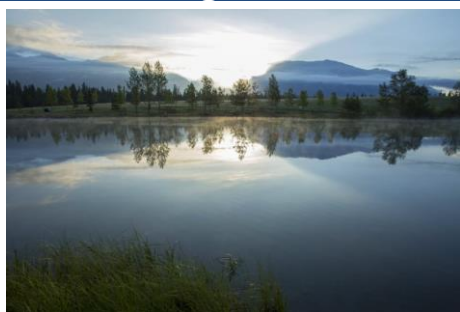
See [Temporary Mandatory Mask By-Law](#) webpage for more information.

## Elevator Etiquette

When out in public, practice physical distancing to reduce your risk.

The [Elevator Etiquette](#) poster developed by Ottawa Public Health can be posted in public places such as business and apartment buildings. The posters are bilingual in English [Algonquin](#), English [Inuktitut](#), and English [Michif](#).

## Counselling Connect Indigenous Resources



We need to care for the physical, mental, emotional and spiritual parts of ourselves.

[Counselling Connect](#) has a new service which includes Indigenous **in-person or phone counselling** using Indigenous and Western approaches to healing. This service is for children, youth, adults and families in Ottawa and the surrounding area: [www.counsellingconnect.org](http://www.counsellingconnect.org)

## Well Living House



The [Well Living House](#) is a research centre that is focused on Indigenous infant, child and family health and well-being. Well Living House provides First Nations, Inuit, and Métis peoples with accurate and Indigenous-specific information about COVID-19: [www.welllivinghouse.com/resources/covid-19-information/](http://www.welllivinghouse.com/resources/covid-19-information/)

[COVID Prevention Tips Prevention Tips for the Urban Métis Community](#) fact sheet is available on this website for download. Available in English only.

## West Nile Virus



Remember to protect yourself from mosquito bites and West Nile Virus when going outdoors.

Use insect repellent containing DEET and wear long pants and a shirt.

For more information, check out our [West Nile](#) webpage.