



## COVID-19 Update: July 3, 2020

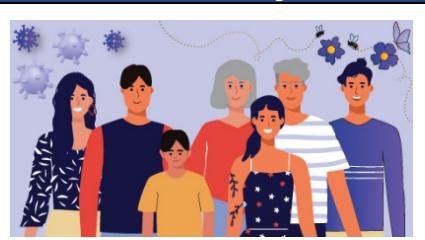
### Resources for First Nations, Inuit and Métis Community Members

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):

#### **\*\*NEW\*\* Weekly COVID-19 Updates are online**



Read the most recent and past weekly COVID-19 Update Newsletters online on our new [\*\*\*Resources for First Nations, Inuit and Métis Community Members\*\*\*](#) website at

[OttawaPublicHealth.ca/FirstNationsInuitandMetis/](https://OttawaPublicHealth.ca/FirstNationsInuitandMetis/)

#### **Be COVID Wise**

-  **W**ear a mask
-  **I**solate yourself when you're sick
-  **S**tay two metres (six feet) apart from others
-  **E**xercise proper hand hygiene

Even though certain restrictions have been lifted, please remember that our community is still at risk to the spread of COVID-19. Being COVID Wise means making small adjustments to your everyday life that make a big difference in preventing the spread of the virus.

Find out how to do your part at [OttawaPublicHealth.ca/COVIDWise](https://OttawaPublicHealth.ca/COVIDWise)

#### **Masks**



##### **Reminder**

Getting a cloth mask isn't always as easy as it sounds. If you are in need of a cloth mask and finding it hard to afford one for you and your family, the City's Human Needs Task Force can help! If you live in Ottawa and need a mask call 3-1-1 or email the [HNTF@ottawa.ca](mailto:HNTF@ottawa.ca) to find out how to get one.

##### **Masks and the Heat**

Wearing masks in hot temperatures can be difficult. Masks still work! You may need to change your mask more often in hot and humid weather as it may become damp more quickly.

Check out our Mask FAQs at [OttawaPublicHealth.ca/Masks](https://OttawaPublicHealth.ca/Masks)

## FitNation Workouts at Home



ANYONE | ANYTIME | ANYWHERE

### JUMP ON-LINE & JOIN US!

Workout on your own schedule with I-SPARC and FitNation

In our second online FitNation series, follow our experienced leaders as they guide you through workouts geared to your fitness level. There's a little something for everyone! And be sure to check out our saved Modified, Introductory, Intermediate and Advanced workouts to get you pumped for Series 2!!

Subscribe to the YouTube channel today!



youtube.com/channel/UCYIQySv3v93Q3zRpD7TmQ9Q



Indigenous Sport, Physical Activity & Recreation Council



### FitNation Anyone, Anytime, Anywhere

The FitNation program by the Indigenous Sport, Physical Activity and Recreation Council provides FitNation leadership training and FitNation workout videos with Indigenous leaders across the province. There are 3 full workouts for introductory, intermediate and advanced levels.

To sign up for the **YouTube FitNation Workout channel** and for more info on the leadership training see: [isparc.ca/healthy-living-activities/fitnation/](https://isparc.ca/healthy-living-activities/fitnation/)

A direct link to the FitNation YouTube Workouts can be found at:

[www.youtube.com/channel/UCYIQySv3v93Q3zRpD7TmQ9Q](https://www.youtube.com/channel/UCYIQySv3v93Q3zRpD7TmQ9Q)

These resources are available in English only.

## Phase 2 Engagement Survey



COVID-19: Share your thoughts

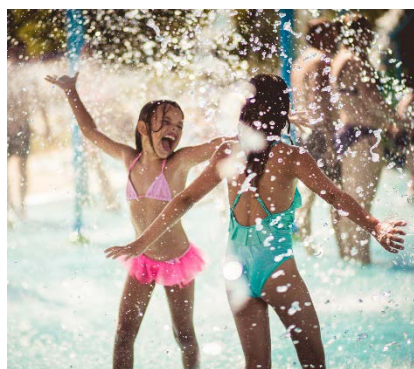
### COVID-19: Share your thoughts

We've been in a COVID-19 emergency response for several months now and we want to know your thoughts on how things are going and how we can support you.

Please check out [engage.ottawa.ca/covid19](https://engage.ottawa.ca/covid19) for the NEW Phase 2 COVID-19 survey and to read the results from Phase 1.

Your feedback will continue to help us develop a recovery plan that meets the needs and expectations of our community.

## Beat the Heat



### Tips for Staying Cool

Some of the usual ways we cool off may not be available this summer right now because of restrictions put in place to reduce the spread of the COVID-19 virus. For tips on how to stay cool visit: [ottawapublichealth.ca/heat](https://ottawapublichealth.ca/heat).

### Splash Pads and Beaches

[Splash pads](#) are now open for use and [public beaches](#) . These are cool places that can help you get relief from the heat.

### Water Quality Information

Please visit the link below for daily water quality updates : [ottawapublichealth.ca/beaches](https://ottawapublichealth.ca/beaches).

For up-to-date information on the COVID-19 pandemic in Ottawa, visit [ottawa.ca/covid19](https://ottawa.ca/covid19) or [OttawaPublicHealth.ca/FirstNationsInuitandMetis](https://OttawaPublicHealth.ca/FirstNationsInuitandMetis)

You can also call 3-1-1 (TTY: 613-580-9656)

