COVID-19 Resources Update
Resources for Members of First Nations, Inuit and Métis Communities

Kwey, Aníin, Shé:kon, Ainngai, Taanshi

Here are few key highlights of the week from Ottawa Public Health (OPH). Please share this information with community members through your regular communication channels and networks.

**Physical Distancing** – 2 metres, 6 feet from others

**Physical distancing** means:
- Avoiding all non-essential trips in the community.
- Keeping a distance of at least 2 arms lengths (2 metres) from others.

**Videos:**
- [Covid-19 What 2m looks like](https://example.com) (Eng & Inuktituk), Inuit Tapiriit Kanatami
- [Kahkakiw’s Straight Talk on Social Distancing (COVID-19)](https://example.com) (Cree, Eng subtitles, 4 min)
- [Physical Distancing - Stop the Spread of COVI-19 in Indigenous Communities](https://example.com) (Video, 45 sec, Government of Canada)

**Fact sheets and links:**
- [Remember! Practice physical distancing](https://example.com) (fact sheet) OPH
- [ᖃᓂᖕᖏᑕᕇᓐᓂᐅᑉ ᖃᓄᐃᓕᒪᓄᑦ ᓄᐃᓄᓕᒪᓄᑦ ᓯᕗᐃᔭᖅᐳᑦ](https://example.com) (fact sheet) OPH
- [Physical distancing for parents, teens and children](https://example.com) OPH

**City of Ottawa Parks**

Ottawa’s parks and green spaces are open for people to get some fresh air and physical activity. Please continue to stay 2 meters away from people who you do not live with.

**What is open?**
- baseball diamonds, soccer fields, tennis, table tennis and pickleball courts, basketball courts, BMX parks, skate parks, off-leash areas, benches, picnic areas, and shelters.

**Activities you can do**
- Using sport fields to play catch, kicking a ball, passing a frisbee with people you live with.
- Sitting on the grass, a bench, or picnic table.
What is not allowed?

- Using play structures, swings, slides, splash and spray pads, wading pools, and exercise equipment.
- Groups of more than 5 people playing together.

Park Ambassadors

- **Park Ambassadors** can help you! If you see someone walking around city parks, in groups of two and wearing green t-shirts or red jackets, they are Park Ambassadors.
- They will not give out tickets! They are trained to answer your questions including what you can and cannot do in City parks.

Accessing Food in Ottawa

Learn more about accessing food during the current COVID-19 pandemic.

- Call 2-1-1 for information on the full range of community, social, government and health services and programs available in Ottawa, and how to access them.
- **FoodLink** directory is a list of food and nutrition programs and services in Ottawa that aim to increase access to healthy food.
- **Good Food at Your Doorstep Box** helps deliver fresh veggies and fruits to households that may be struggling with money to buy food.