



COVID-19 Community Update: June 5, 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).

Celebrations in June

National Indigenous History Month

June 1st marks the start of [National Indigenous History Month](#). OPH recognizes the impact and legacy of colonization and ongoing systemic racism on the health and well-being of First Nations, Inuit and Métis peoples. OPH aspires to be a culturally humble and safe organization, and is strongly committed to public health actions that promote reconciliation and the health and well-being of First Nations, Inuit and Métis peoples and communities. OPH will continue to raise awareness about Indigenous cultural safety learning opportunities for OPH employees, the Ottawa Board of Health, and beyond.



Although in-person gatherings will be limited this month, there will be opportunities to participate in virtual events such as the [Summer Solstice Indigenous Festival](#): <https://summersolsticefestivals.ca/>

Special Statement - Dr. Vera Etches (Medical Officer of Health)



Some evidence has shown that certain groups may be more impacted by COVID-19. OPH is working in partnership with First Nations, Inuit, and Métis peoples to know how COVID-19 is affecting Indigenous communities and learn the true impacts. These include the health and social effects of closures and physical distancing.

See the [Special Statement on June 1st](#) for more information: <https://bit.ly/2Xpoac3>

Mental Health Resources

Support for Victims of Sexual Abuse or Assault

If you or someone you know has experienced sexual abuse or assault, here are some options that can help support: <https://www.octevaw-cocvff.ca/get-help>



Resources for Employees

In these unique times of change, some workplaces are needing to adapt the way they do business, and others have had to close temporarily. Here are some resources that can help support you and your employees:

<https://www.ottawapublichealth.ca/en/public-health-topics/mental-health-and-covid-19.aspx#Employee-Resources>

Please visit our webpage for more mental health resources: <https://bit.ly/2Y3iMuf>

Keep Hydrated



Protect yourself and help others during hot weather, [drink plenty of water](#). Also, younger children don't always know when they are thirsty, so remind them to drink water throughout the day. Water is the best choice for hydration. Skip sports drinks and juice!

For more information on how to stay cool visit: [Ottawapublichealth.ca/heat](https://ottawapublichealth.ca/heat)

Enjoying Ottawa's Parks



[Physical-distancing circles](#) are now at Mooney's Bay. These help people who sit at the park to remain at a safe two-metre distance from others. Simply enter an unoccupied circle, lay out your blanket or pop-up your lawn chair, and enjoy the outdoors.

The City has also opened washrooms and water fountains, where available, at Andrew Haydon Park, Britannia Park, Westboro Bea, Mooney's Bay and Petrie Island Beaches. For more information: <https://bit.ly/3eOJOMN>

When going to parks and using benches, picnic areas and shelters, remember to respect physical distancing and limit groups to no more than five people. Please wash your hands often and avoid touching your face at all times, and when using public benches and picnic tables.

Living in Apartments



[Physical distancing](#) can be a hard when living in an apartment building. Here are a few tips you can use to help reduce the spread of the virus:

- Maintain 2 metres (6 feet) from those around you.
- Avoid groups of people or crowds.
- Be careful to maintain distance in shared space.
- Avoid crowded elevators (wait for an empty one if you can).
- Avoid using the mail room or laundry room at the same time as others.

For more information visit: www.ottawapublichealth.ca/physicaldistancing

Summer Camps



The City is cancelling its summer camp programs that were scheduled to run from June 29 to August 28. These will be replaced with new programs that consider COVID-19 public health measures. Details on registration, dates, location and the camps' operations will be announced in the future.

For more information: <https://ottawa.ca/en/news/update-summer-camp-programs>

For up-to-date information on the COVID-19 pandemic in Ottawa, visit ottawa.ca/covid19 or call 3-1-1 (TTY: 613-580-9656)