



COVID-19 Community Update: May 28, 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). Please share this information with community members through your regular communication channels and networks.

Beat the Heat



When both temperature and humidity are high, it can be hard for our bodies to keep cool and not overheat. Some of the usual ways we cool off may not be available this summer because of measures put in place to reduce the spread of the COVID-19 virus.

It will be important to think ahead and plan for ways to stay cool. Residents are encouraged to stay cool at home using tips such as cool showers or fans during heat warnings.

The City will also have **emergency cooling centres** available during heat waves to help residents stay cool. These will be announced in the City's Public Service Announcements:

<https://ottawa.ca/en/news>

For up-to-date information on how to beat the heat in 2020, please visit our webpage: [Ottawapublichealth.ca/heat/](https://ottawapublichealth.ca/heat/) or call us weekdays at 613-580-6744.

Testing



Any Ottawa resident who feels they need a test, even if they do not have any symptoms, can go for testing at the COVID-19 Assessment Centre or COVID-19 Care Clinics.

Please note that **Akausivik Inuit Family Health Team (AIFHT)** is also offering COVID-19 testing on-site for their patients. AIFHT is located at:

24 Selkirk Street, Suite 300, K1L 0A4, Vanier, T: 613-740-0999.

For more information: <http://OttawaPublicHealth.ca/Coronavirus>

Masks

Cloth masks add protection when physical distancing is difficult and can help protect others.



You can visit our webpage for [instructions](#) on how to make cloth masks (sew and no-sew) using home materials. These include instructions to make no-sew masks from a [t-shirt](#) or a [bandana](#): <https://bit.ly/2Ajpbt5>

If you wish to buy a mask, a list of [vendors](#) is on our website. For all mask information and questions, visit ottawapublichealth.ca/masks

A new **poster** on how to be [Safely putting on & taking off a non-medical mask](#) (i.e. cloth mask) is now available on our website (coming soon in Algonquin, Inuktitut and Michif): <https://bit.ly/2zzudSr>

Reopening of Businesses

Businesses Reopening Tool Kit



The City of Ottawa and Ottawa Public Health have developed a Business Reopening Toolkit that provides information on how to safely reopen (including signs and resources). To access this resource, please visit Ottawa.ca/BusinessToolkit.

Other Resources for Workplace and Businesses



The [COVID-19 Employee Screening Questionnaire](#) is now available to help employees self-screen for symptoms before beginning their work day (coming soon in Algonquin, Inuktitut and Michif). To access the questionnaire, please visit OttawaPublicHealth.ca/WorkplaceCOVID19

Also, a new physical distancing poster is now available (coming soon in Algonquin, Inuktitut and Michif). To download, please visit: <https://bit.ly/2XHmWYC>

Mental Health Resources



If COVID-19 is affecting the mental health of you or someone you know, help is available.

More mental health resources specific to **First Nations, Inuit and Métis** can be found at: <https://bit.ly/2XAHFXW>

The Distress Centre of Ottawa & Region is available 24 hours a day, 7 days a week at 613-238-3311 in English and French.

In Crisis: The Mental Health Crisis Line is open 24 hours a day / 7 days a week in English and French at 613-722-6914.

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)