



COVID-19 Resources Update: May 12, 2020

Resources for First Nations, Inuit and Métis Community Members

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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. In this update you will find information on:

- Testing for COVID-19
- Mental health and Well Being
- Ottawa Engagement Survey: SHARE Your Thoughts

Testing for COVID-19

It is recommended that any **First Nations, Inuit and/or Métis person** who is experiencing any COVID-19 commons (see below), go for testing at any [COVID-19 Assessment Centre](#) or [COVID-19 Care Clinic](#). 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.

COVID-19 symptoms include:

- **Common symptoms:** feeling feverish, cough, or difficulty breathing.
- **Less common symptoms:** unexplained fatigue, delirium (a serious medical condition that involves confusion, changes to memory, and odd behaviours), falls, acute functional decline, worsening of chronic conditions, nausea, vomiting, diarrhea, abdominal pain, chills, headaches, croup, or loss of taste/smell.

Mental Health & Well-Being

Encourage people to check in with themselves. Talking about how people feel and how they are dealing with challenges can sometimes be overwhelming and trigger certain emotions.

Please know that help and resources are available on how to cope and reduce stress and anxiety, and how to get support and help others.

Where to get supports and resources?

Visit our webpage for a list and quick links to:

1. [First Nations, Inuit and Métis mental health](#) supports and resources:
 - [Wabano](#)
 - [Native Women's Association of Canada - COVID-19 Information](#)
 - [First Nations and Inuit Hope for Wellness Help Line 24/7](#) (Bilingual, Other)
 - Call - 1-855-242-3310
 - [Live Chat](#)
 - [Talk4Healing](#) For Indigenous Women (English, Other)
 - Call - 1-855-554-HEAL
 - Text - 1-855-554-HEAL
2. General supports and resources on [Mental Health and Covid-19: OttawaPublicHealth.ca/COVIDmentalhealth](#)
3. If needed, we encourage that people reach out to **Distress Centre of Ottawa** (Bilingual) to connect with someone at 613-722-6914.

Ottawa Engagement Survey: SHARE Your Thoughts

Ottawa Public Health and the City of Ottawa want to hear from all residents about our community response to COVID-19. We have launched a new survey to learn about residents' thoughts and understanding of the current restrictions in place related to COVID-19.

Please provide feedback by **May 18, 2020**. The surveys is confidential, anonymous and takes about 10 minutes to complete using this link: [engage.ottawa/COVID19](https://engage.ottawa.ca/COVID19).

The residents will need to register on the Engage Ottawa website before they can fill out the survey. If that is not possible, paper copies are available in English and French.

Completed copies can be sent to: Ottawa Public Health
100 Constellation Drive, 7th Floor East
Mail Code (26-50)
Ottawa (Ontario) K2G 6J8

We are asking residents questions about:

- the changes they are making in their lives to protect themselves and loved ones
- what their experience has been in receiving and understanding information
- what kinds of supports residents have used
- ideas to maintain physical distancing into the future
- sharing feel-good stories

We are looking at how we can safely and gradually reopen the city while aligning with the Government of Ontario's plans for reopening the province. Feedback from residents will help us create a plan that aligns with the province and meets the needs of our community, as much as possible.

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)

