



## COVID-19 Community Update: June 12, 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):

#### Stage 2 of Reopening



The province has [announced](#) that Ottawa will move to Stage 2 of easing restrictions on business and social activities starting on **Friday, June 12**.

These changes include increasing the size of gatherings from five to ten people and the reopening of more businesses and public spaces including hair salons, patios, outdoor recreation facilities, shopping malls and places of worship. For more information, please visit: <https://bit.ly/3dN9hGx>

Please continue to practice physical distancing, wash your hands often, avoid touching your face at all times, and wear a cloth masks in situations where maintaining physical distancing is difficult.

#### COVID Wise



Please consult the [“Reducing the Risk”](#) poster to help you make informed decisions about the level of risk for various actions. This will help everyone learn to live with the virus and keep infections at a manageable level.

For more information: [Ottawapublichealth.ca/covidwise](https://ottawapublichealth.ca/covidwise)

#### City of Ottawa – Programs and Resources

##### Summer Camps

The City’s new [Camp Summer Fun](#) program list is now available. These activities respect the guidelines announced by the province and [the City](#) which include: reduced group sizes, physical distancing measures, and an emphasis on physically-distanced activities. Online registration starts on **Monday, June 15 at 9 pm**. For more information: [ottawa.ca/SummerCamps](https://ottawa.ca/SummerCamps)



##### Ottawa Public Libraries

Six Ottawa Public Library branches will now be offering [curbside returns](#) (starting June 8<sup>th</sup>) and [curbside pick up](#) of items on hold (starting June 15<sup>th</sup>). For more information: <https://bit.ly/3hfvj6Z>

## Mental Health Resources



### Thunderbird Partnership Foundation Resources

The [Thunderbird Partnership Foundation](#) created many resources for COVID-19 to support of First Nation communities. These include:

- [Stigma during COVID-19](#)
- [Safe cannabis use](#)
- [Keeping moms and Babies safe](#)
- [Balancing work-life](#)
- [Staying connected to culture](#)
- [Homelessness](#)
- [Supporting youth and preventing boredom](#)
- [Managing safe alcohol use](#)
- [Resources for substance use disorders](#)
- [Managing withdrawal](#)
- [Hope during COVID-19](#)

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

## Where to Get a Mask



### 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.

## Testing and Assessment



### COVID-19 Assessment & Testing for Inuit

Akausivik Inuit Family Health Team is offering services in Inuktitut and English for Inuit clients. If you are interested, please contact Akausivik at 613-740-0999 for an appointment.

## Get Active!



We understand it's hard to find motivation to get active, but it is so important for your physical and mental health.

Pick an activity that's fun and easy while getting fresh air. This includes going for a walk or a run outside. You can also get active at home with the resources you have. Get creative! Why not try out the following activities:

- [Seven Grandfather Teachings Yoga Series](#)
- Learn how to do the [Robin](#), [Selu](#) or [Alligator](#) stomp dance
- Learn how to do an [intermediate](#) or [advanced](#) jig
- Learn how to [leg wrestle](#), [kneel jump](#) or [high kick](#)

All these instructional videos can be found on Wabano's youtube channel: <https://bit.ly/2XQi3Oe>

For more information:

<http://www.OttawaPublicHealth.ca/ActiveDuringCOVID19>

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