



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

#### National Indigenous People’s Day

##### June 21 is National Indigenous Peoples Day



Indigenous People’s Day is a day for all residents of Turtle Island to recognize and celebrate the unique traditions, distinct cultures and outstanding contributions of First Nations, Inuit and Métis peoples.

This is also a time for City of Ottawa employees to learn about and engage with Indigenous Peoples, who are our neighbours, colleagues and fellow residents in the Ottawa community. Collectively, we are committed to providing safe and inclusive programs and services for First Nations, Inuit and Métis peoples in Ottawa.

#### \*\*New\*\* Indigenous Specific Webpage



OPH has launched a new COVID-19 web page containing resources for [First Nations, Inuit and Métis community members](#). Some are translations of resources developed by Ottawa Public Health (OPH). Others come from the websites of local, provincial and national Indigenous organizations. Several are available in various Indigenous languages.

Please visit: [OttawaPublicHealth.ca/FirstNationsInuitandMetis/](https://OttawaPublicHealth.ca/FirstNationsInuitandMetis/)

#### Oc Transpo Masks

OC Transpo customers are now [required to wear cloth masks](#) or face coverings in transit stations and on buses, trains, Para Transpo minibuses and contracted taxis.



We are in this together and asking everyone to do their part to help keep themselves and those around them healthy and safe.

OC Transpo staff will be at select transit stations next week handing out a limited supply of disposable masks to anyone who has forgotten theirs or is unaware of the new requirement.

Young children and people who have a disability or medical condition that prevents them from wearing a mask will not be required to wear one.

For more information on additional measures that OC Transpo will be taking to keep services safe, please visit: <https://bit.ly/2YGWwHev>

## Masks

### New Mask Videos

Wearing a cloth mask to protect others is an act of kindness that goes a long way.

To learn **how to** properly wear a cloth mask, please watch: [shorturl.at/bnqZ6](https://shorturl.at/bnqZ6)

Also, watch this video for answers about **why, when, where** and **how** you should wear a cloth mask: [shorturl.at/bpU39](https://shorturl.at/bpU39)



### Mask Posters

[Posters](#) are available in [Inuktitut](#) and [Michif](#), and coming soon in [Algonquin](#), that explain how to safely wear a cloth mask. For more information on how [my mask protects you and me](#), please visit: [ottawapublichealth.ca/masks](https://ottawapublichealth.ca/masks)

## Seeds and Soil Home Garden Project



The City of Ottawa's Human Needs Task Force and Just Food are partnering on the Seeds and Soil Home Garden Project. The goal is to provide seeds and soil to 3,000 households living on lower incomes or who lost work due to COVID-19. These are provided on a first come first served basis. To register for the initiative, please visit: <https://bit.ly/37L05jx>

For more information: <https://bit.ly/3fDD9FS>

## Virtual Prenatal Classes



We recognize the importance of prenatal classes for expectant parents in Ottawa, so we developed this virtual series. The Parenting in Ottawa virtual prenatal class is built around three main themes: Birth Basics, Breastfeeding Basics, Baby Basics.

For each theme, you will have the opportunity to meet virtually with a public health nurse to review important concepts and answer your questions.

To register for the virtual sessions with a public health nurse, please call the Ottawa Public Health Information Centre (OPHIC): Monday to Friday, from 9am to 4pm, 613-580-6744 or 613-PARENTS (613-727-3687). Please note that the virtual meetings are by registration, for pregnant Ottawa residents (more than 5 months pregnant) only.

For more information: <https://bit.ly/2BlqA2M>

## Commercial Tobacco Use



Stress can result in unhealthy coping patterns such as increased commercial tobacco use. If you are thinking about quitting smoking, you are not alone.

Most people that use tobacco want to quit and have tried to quit several times. Quitting takes practice. It is about finding what works for you and putting those tools to work to reach your goal of becoming smoke-free.

If you would like to speak to someone, you are welcome to call 613-580-6744 or visit our web site for more information: <https://bit.ly/3fkqc3F>

Also, check out this list of Land-Based Quit Tips: <https://bit.ly/2Vagol9>

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