



COVID-19 Update: June 26, 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):

Mental Health Resources



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

[The National Women's Association of Canada](http://www.nwac.ca/covid19-support/) offers an Elders Support program. Their team of in-house Elders are available to provide support during this time of crisis. Services are offered Monday to Friday 9-11a.m. and 1-3 p.m. EST. For more information: www.nwac.ca/covid19-support/

OPH and The Royal developed a factsheet to help us find ways to help our kids get through these tough times: <https://bit.ly/2A1IEQC>

For a full list of virtual and in-person mental health services, please visit: <https://bit.ly/2zXOyB9>

Food and Nutrition Resources



The National Indigenous Diabetes Association has released [the 2020 Original Foods Guide](https://bit.ly/37V709W). This guide contains commonly consumed traditional foods. For more details: <https://bit.ly/37V709W>

Also, for tips and tricks on how to eat healthy meals while saving money, take a look at Everybody's Food Budget: <https://bit.ly/2A1po4C>

To learn more about [accessing food](https://bit.ly/3fUqCxV) during the COVID-19 pandemic: <https://bit.ly/3fUqCxV>

Baby Help Line



Call us with your baby questions!

Because of Parenting in Ottawa Drop-in closures, OPH has started a Baby Help Line for families of babies up to 1 year.

- Speak directly with a public health nurse
- Seven days a week, from 9:00am to 3:00pm.
- Call 613-580-2424, Ext 23774

Beat the Heat!

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. For tips on how to stay cool visit: ottawapublichealth.ca/heat



Splash Pads and Beaches

[Splash pads](#) are now open for use and [public beaches](#) will be open on June 27. These are cool places that can help you get relief from the heat. Please visit this link for daily beach water quality updates: ottawapublichealth.ca/beaches

Masks

Masks do become more uncomfortable in hot temperatures, but they still work! Plan outdoor outings for the coolest times of the day and take breaks in the shade or a cool environment if you are finding a face mask uncomfortable in the heat. **Wearing a mask may not be necessary outdoors if distances can be maintained.

For more information on masks: ottawapublichealth.ca/masks

Thunderstorm Watch

Weather can change very quickly when it's this warm. Please keep an eye on the skies and stay safe. If you are caught outside during a storm:

- Get indoors as soon as possible.
- Avoid open areas like fields or parking lots. Stay away from tall, isolated trees and other tall objects.
- Report any downed power lines and avoid standing water, as it can carry electrical current.
- Do not drive through flood waters. One or two feet of water can carry away a vehicle.

Stay informed & get official weather warnings from environment Canada by downloading their WeatherCAN app:

<http://www.canada.ca/weathercan>



Screening Tools



The following COVID screening tools have been updated:

- [Employees self-screening](#)
- [General retail screening](#)

The employee self-screening tool is also available in [Inuktitut](#), [Algonquin](#) and [Michif](#). To access these tools please visit: [OttawaPublicHealth.ca/workplacecovid19](https://ottawapublichealth.ca/workplacecovid19)

Support for Indigenous-Owned Businesses



The government of Ontario is providing up to \$10 million to Indigenous-owned small and medium sized businesses. Loans of up to \$50,000 will be available to businesses that are either ineligible for, or unable to access, existing federal and provincial COVID-19 response funds for small businesses. Loans will be available through Aboriginal Financial Institutions. For more information: <https://bit.ly/316nRW1>

For up-to-date information on the COVID-19 pandemic in Ottawa, visit ottawa.ca/covid19 or [OttawaPublicHealth.ca/FirstNationsInuitandMetis](https://ottawapublichealth.ca/FirstNationsInuitandMetis)

You can also call 3-1-1 (TTY: 613-580-9656)