



# COVID-19 Update: July 17, 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 3 – Reopening

#### Stage 3 Details

Starting **Friday, July 17th**, we are entering Stage 3. Most businesses and public spaces will reopen with some public health and workplace safety measures in place.

Indoor gatherings limits will be increasing to a maximum of 50 people and outdoor gathering limits to a maximum of 100 people, with physical distancing requirements.

Some facilities will remain closed including: amusement and water parks, buffet-style services, sports that have prolonged or deliberate contact with others, and more. For more information:

<https://news.ontario.ca/opo/en/2020/07/nearly-all-businesses-and-public-spaces-to-reopen-in-stage-3.html>

#### Stay the Course

It is important to remember that COVID-19 is still in our community. It's the beginning of a new phase of learning to live with this virus and only together can we keep it at bay! Please continue to be **COVIDwise**:

Wash your hands, avoid touching your face, practice physical distancing, wear a mask and stay home if you are feeling sick!

[Ottawapublichealth.ca/covidwise](http://Ottawapublichealth.ca/covidwise)



### Mandatory Masks

Ottawa has officially made masks mandatory in all enclosed public spaces. What does this mean? In order to protect your family, friends and other community members,

- You must wear a mask or face covering when in indoor public spaces;
- The mask should securely cover your nose, mouth & chin; and
- You must follow the mask policy of the business you are visiting.



#### Exceptions

Children under 2 & people unable to wear a mask for medical reasons are exempt. No proof of exemption is required. Please watch this video for more information: [https://youtu.be/9XXA5z\\_2YV0](https://youtu.be/9XXA5z_2YV0)



## For Businesses

Please read the [letter of instruction](#) from Dr. Vera Etches to business owners and operators related to mandatory masks.

For more information on masks, check out our [FAQs](#). Also, please remember to be #COVIDkind. Some people are medically exempt from wearing masks or adjusting to this new normal.

## Older Adults



### Older Adults and COVID-19

The risk of serious illness from COVID-19 increases progressively with age, particularly beyond 50 to 60 years.

In addition to increasing age, people of any age who have serious underlying medical conditions (e.g. heart disease, high blood pressure, diabetes, chronic lung or liver disease, cancer and other immunocompromising conditions) or severe obesity, are at higher risk for severe illness.

Every individual needs to take into account their personal risk factors when making decisions about going out. Visit our webpage for all your COVID-19 related questions for Older Adults:

[OttawaPublicHealth.ca/OlderAdultCOVID](https://OttawaPublicHealth.ca/OlderAdultCOVID)

## Handwashing Art Work



Check out these new handwashing posters available in 21 indigenous languages. These were produced by Colleen Gray, a local Métis artist to help support the COVID-19 response. Click on this link to download the free PDFs: <https://www.artforaid.ca/blank>

## Translated Resources



### Childcare Poster in Inuktitut

A new door poster for childcare facilities is now available in [English/Inuktitut](#).

### Elevator Etiquette

Also, details on proper elevator etiquette to keep ourselves and others safe are now available in [Algonquin](#), [Inuktitut](#), and [Michif](#).

## Grocery Shopping



For tips and tricks to keep yourself and others safe during COVID-19, check out our [shopping etiquette factsheet](#).

The factsheet is now available in [Algonquin](#), [Inuktitut](#) and [Michif](#).

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