



# Resources for First Nations, Inuit and Métis Community Members

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Welcome to this new web page. It highlights COVID-19 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. These resources add to information on the [OPH COVID-19 website](#).

([/en/public-health-topics/novel-coronavirus.aspx](#)).

Ottawa Public Health (OPH) honours the Algonquin Anishinaabeg people, on whose unceded traditional territory the City of Ottawa is located. OPH extends this respect to all First Nations, Inuit and Métis peoples, their ancestors, their Elders, and their valuable past and present contributions to this land.

OPH recognizes the impact and legacy of colonization and ongoing systemic racism on the health and well-being of First Nations, Inuit and Métis peoples, aspires to be a culturally humble and safe organization, and is strongly committed to public health actions that promote reconciliation and health equity for First Nations, Inuit and Métis peoples in Ottawa.

## Resources

### General COVID-19 Information

#### Assessment Centres

Note: For Inuit wishing to access COVID-19 assessment and testing, please contact Akausivik Inuit Family Health Team for an appointment. Services offered in Inuktitut and English.

Akausivik Inuit Family Health Team  
Open 9 am to 5 pm, Monday to Friday  
24 Selkirk Street, Suite 300 K1L 0A4  
613-740-0999

Fact sheets:

- **Employee Screening Questionnaire - Ottawa Public Health (Algonquin)** ([/en/public-health-topics/resources/Documents/COVID-19\\_Employee\\_Screening\\_Questionnaire\\_Alongquin.pdf](/en/public-health-topics/resources/Documents/COVID-19_Employee_Screening_Questionnaire_Alongquin.pdf)), **Inuktitut** ([/en/public-health-topics/resources/Documents/COVID-19\\_EmployeeScreeningQuestionnaireinuk.pdf](/en/public-health-topics/resources/Documents/COVID-19_EmployeeScreeningQuestionnaireinuk.pdf)), and **Michif** ([/en/public-health-topics/resources/Documents/COVID-19\\_EmployeeScreeningQuestionnaireMichif.pdf](/en/public-health-topics/resources/Documents/COVID-19_EmployeeScreeningQuestionnaireMichif.pdf)))
- **Assembly of First Nations: COVID-19** (<https://www.afn.ca/coronavirus/>) - Assembly of First Nations (English only)
- **Cannabis Use and COVID-19** ([https://www.afn.ca/wp-content/uploads/2020/04/20-04-15-Cannabis-COVID-Factsheet\\_Fe.pdf](https://www.afn.ca/wp-content/uploads/2020/04/20-04-15-Cannabis-COVID-Factsheet_Fe.pdf)) - Assembly of First Nations
- **Coronavirus Fact Sheet** ([https://www.afn.ca/wp-content/uploads/2020/03/CoronaVirus\\_Factsheet\\_NEW\\_ENG.pdf](https://www.afn.ca/wp-content/uploads/2020/03/CoronaVirus_Factsheet_NEW_ENG.pdf)) - Assembly of First Nations
- **Social Supports for First Nations Families** ([https://www.afn.ca/wp-content/uploads/2020/04/CoronaVirus\\_Factsheet\\_FS\\_ENG.pdf](https://www.afn.ca/wp-content/uploads/2020/04/CoronaVirus_Factsheet_FS_ENG.pdf)) - Assembly of First Nations
- **Tobacco Use and COVID-19** ([https://www.afn.ca/wp-content/uploads/2020/04/CoronaVirus\\_Factsheet\\_Tobacco\\_ENG.pdf](https://www.afn.ca/wp-content/uploads/2020/04/CoronaVirus_Factsheet_Tobacco_ENG.pdf)) - Assembly of First Nations
- **Inuit Tapiriit Kanatami: COVID-19** (<https://www.itk.ca/what-we-do/covid19/>) - Inuit Tapiriit Kanatami (Inuktitut and English)
- **COVID-19 Federal Benefits Access Tool** (<https://www.itk.ca/what-we-do/covid19/>) - Inuit Tapiriit Kanatami
- **COVID-19 Infographics** (<https://www.itk.ca/covid19-infographics/>) - Inuit Tapiriit Kanatami

## Videos:

- **Indigenous Services Canada**
  - ***Keep it clean: Stop the spread of COVID-19 in Indigenous communities*** (<https://www.youtube.com/watch?v=GUSdLbaA8fc>)(English - also available in **Mohawk** ([https://www.youtube.com/watch?v=8Md2L4VXJjY&list=PLIFBxBcxaLoWCDUmD6iUjsQgEVPavlz\\_I&index=9](https://www.youtube.com/watch?v=8Md2L4VXJjY&list=PLIFBxBcxaLoWCDUmD6iUjsQgEVPavlz_I&index=9)), **Michif** (<https://www.youtube.com/watch?v=WUVGnr4tr8U>), **Mi'kmaq** (<https://www.youtube.com/watch?v=CO5N8VpgRh8>), **Ojibwe** ([https://www.youtube.com/watch?v=XskY2dtQ-WU&list=PLIFBxBcxaLoWCDUmD6iUjsQgEVPavlz\\_I&index=3](https://www.youtube.com/watch?v=XskY2dtQ-WU&list=PLIFBxBcxaLoWCDUmD6iUjsQgEVPavlz_I&index=3)), **Oji-Cree** ([https://www.youtube.com/watch?v=iLkdTQ0YipU&list=PLIFBxBcxaLoWCDUmD6iUjsQgEVPavlz\\_I&index=12](https://www.youtube.com/watch?v=iLkdTQ0YipU&list=PLIFBxBcxaLoWCDUmD6iUjsQgEVPavlz_I&index=12)), **Stoney** ([https://www.youtube.com/watch?v=13IIB-gBhRI&list=PLIFBxBcxaLoWCDUmD6iUjsQgEVPavlz\\_I&index=15](https://www.youtube.com/watch?v=13IIB-gBhRI&list=PLIFBxBcxaLoWCDUmD6iUjsQgEVPavlz_I&index=15))and **Inuktitut** (<https://www.youtube.com/watch?v=VXpvmekKPF0>))
- **Inuit Tapiriit Kanatami** (English and Inuktitut)
  - **COVID-19 Public Health Messaging** (<https://youtu.be/Z7vP6ssKoao>)

- o [COVID-19: Economic Supports](https://www.itk.ca/covid19-economicsupports/) (https://www.itk.ca/covid19-economicsupports/).

## Websites: (General COVID-19 information and resources)

- [Government of Nunavut](https://www.gov.nu.ca/health/information/covid-19-novel-coronavirus) (https://www.gov.nu.ca/health/information/covid-19-novel-coronavirus).
- [Indigenous Services Canada](https://www.sac-isc.gc.ca/eng/1586548069915/1586548087539) (https://www.sac-isc.gc.ca/eng/1586548069915/1586548087539).
- [Inuit Tapiriit Kanatami](https://www.itk.ca/what-we-do/covid19/) (https://www.itk.ca/what-we-do/covid19/).
- [Métis Nation of Ontario](http://www.metisnation.org/news-media/news/covid-19-updates/) (http://www.metisnation.org/news-media/news/covid-19-updates/).
- [COVID-19 Support Programs](http://www.metisnation.org/news-media/news/covid-19-support-programs/) (http://www.metisnation.org/news-media/news/covid-19-support-programs/).
- [Ottawa Regional Métis Council](http://www.metisnation.org/community-councils/mno-ottawa-region-metis-council/) (http://www.metisnation.org/community-councils/mno-ottawa-region-metis-council/) / Email: [contactus.ormc@gmail.com](mailto:contactus.ormc@gmail.com) (mailto:contactus.ormc@gmail.com).
- [National Collaborating Centre for Indigenous Health](https://www.nccih.ca/485/NCCIH_in_the_News.nccih?id=450) (https://www.nccih.ca/485/NCCIH\_in\_the\_News.nccih?id=450).
- [Native Women's Association of Canada](https://www.nwac.ca/covid19/) (https://www.nwac.ca/covid19/).
- [Ottawa Aboriginal Coalition](https://www.ottawaaboriginalcoalition.ca/covid-19) (https://www.ottawaaboriginalcoalition.ca/covid-19).
- [Wabano Centre for Aboriginal Health](https://wabano.com/) (https://wabano.com/).

## Food, Grocery Shopping and Cooking

- [Fact Sheet on Food Resources](/en/shared-content/resources/food-fact-sheet-COVID.pdf) (/en/shared-content/resources/food-fact-sheet-COVID.pdf) - Human Needs Task Force, City of Ottawa
- [Grocery Shopping, Meal Planning, and Cooking During COVID-19](/en/public-health-topics/grocery-shopping.aspx) (/en/public-health-topics/grocery-shopping.aspx) - Ottawa Public Health

## Infographics:

- [Provide for Elders by dropping off food at the door](https://www.itk.ca/wp-content/uploads/2020/03/5-e1585245093849.jpg) (https://www.itk.ca/wp-content/uploads/2020/03/5-e1585245093849.jpg) - Inuit Tapiriit Kanatami (Inuktitut and English)
- [Send one member of the household to get groceries. Keep kids at home](https://www.itk.ca/wp-content/uploads/2020/03/2-e1585245151788.jpg) (https://www.itk.ca/wp-content/uploads/2020/03/2-e1585245151788.jpg) - Inuit Tapiriit Kanatami (Inuktitut and English)
- [Sharing the Harvest during the Pandemic](https://www.fnha.ca/Documents/FNHA-Sharing-the-Harvest-during-the-Pandemic.pdf) (https://www.fnha.ca/Documents/FNHA-Sharing-the-Harvest-during-the-Pandemic.pdf) - First Nations Health Authority (English only)
- [Stay at home and get groceries once a week](https://www.itk.ca/wp-content/uploads/2020/03/1-e1585245172986.jpg) (https://www.itk.ca/wp-content/uploads/2020/03/1-e1585245172986.jpg) - Inuit Tapiriit Kanatami (Inuktitut and English)

## Mental Health Resources

- AFN Mental Wellness Resources ([https://www.afn.ca/wp-content/uploads/2020/05/20-05-04-MW-COVID-Resources\\_Fe.pdf](https://www.afn.ca/wp-content/uploads/2020/05/20-05-04-MW-COVID-Resources_Fe.pdf)). - Assembly of First Nations (English only)
  - Mental Wellness and COVID-19: Tips and Considerations ([https://www.afn.ca/wp-content/uploads/2020/04/CoronaVirus\\_Factsheet\\_RED\\_ENG.pdf](https://www.afn.ca/wp-content/uploads/2020/04/CoronaVirus_Factsheet_RED_ENG.pdf)).
- First Nations and Inuit Hope for Wellness Help Line 24/7 (<https://www.hopeforwellness.ca/>). (Services & resources available in English, French, Cree, Ojibway and Inuktitut)
  - Call: 1-855-242-3310, Live Chat, (<https://www.hopeforwellness.ca/>). Posters (<https://www.sac-isc.gc.ca/eng/1576092599338/1576092641234>).
- First Nations Health Authority
  - The Impact of COVID-19 on Mental Health (<https://www.youtube.com/watch?v=swGXDMJOMIM>). (Dr. Nel Wieman, video, English)
- First Peoples Wellness Circle
  - For Community ([https://11d19480-8ac9-4dee-a0f8-02f67b6947c6.filesusr.com/ugd/0265ae\\_98a7d8cd4f294e438505f747c587034b.pdf](https://11d19480-8ac9-4dee-a0f8-02f67b6947c6.filesusr.com/ugd/0265ae_98a7d8cd4f294e438505f747c587034b.pdf)).
  - For Parents and Children ([https://11d19480-8ac9-4dee-a0f8-02f67b6947c6.filesusr.com/ugd/0265ae\\_fba724eaa91747d8b9e33b3678276075.pdf](https://11d19480-8ac9-4dee-a0f8-02f67b6947c6.filesusr.com/ugd/0265ae_fba724eaa91747d8b9e33b3678276075.pdf)).
  - For Elders and Seniors ([https://11d19480-8ac9-4dee-a0f8-02f67b6947c6.filesusr.com/ugd/0265ae\\_0c1dab4840df423996552571cf1632b0.pdf](https://11d19480-8ac9-4dee-a0f8-02f67b6947c6.filesusr.com/ugd/0265ae_0c1dab4840df423996552571cf1632b0.pdf)).
  - For Health Professionals ([https://11d19480-8ac9-4dee-a0f8-02f67b6947c6.filesusr.com/ugd/0265ae\\_9ed526f2818b44b4b0d4c5de0084a9e4.pdf](https://11d19480-8ac9-4dee-a0f8-02f67b6947c6.filesusr.com/ugd/0265ae_9ed526f2818b44b4b0d4c5de0084a9e4.pdf)).
- National Collaborating Centre for Indigenous Health
  - Voices from the Field - Supporting First Nations, Inuit and Metis Peoples Mental Health & Well-Being During COVID-19 ([https://www.nccih.ca/495/Podcast\\_Voices\\_from\\_the\\_Field\\_10\\_-\\_Supporting\\_First\\_Nations,\\_Inuit\\_and\\_M%C3%A9tis\\_Peoples%E2%80%99\\_Mental\\_Health\\_and\\_Well-being\\_during\\_COVID-19.nccih?id=295](https://www.nccih.ca/495/Podcast_Voices_from_the_Field_10_-_Supporting_First_Nations,_Inuit_and_M%C3%A9tis_Peoples%E2%80%99_Mental_Health_and_Well-being_during_COVID-19.nccih?id=295)). (Dr. Chris Mushquash, podcast, English only)
- Native Women's Association of Canada
  - COVID-19 Elder Support (<https://www.nwac.ca/covid19-support/>). - For First Nations, Inuit and Métis women, girls, and gender-diverse peoples

- **Thunderbird Partnership Foundation**
  - [Stigma during COVID-19](https://thunderbirdpf.org/stigma-during-covid-19/) (<https://thunderbirdpf.org/stigma-during-covid-19/>).
  - [Safe cannabis use during COVID-19](https://thunderbirdpf.org/fact-sheet-safe-cannabis-use-during-covid-19/) (<https://thunderbirdpf.org/fact-sheet-safe-cannabis-use-during-covid-19/>).
  - [Balancing work-life expectations during COVID-19](https://thunderbirdpf.org/fact-sheet-balancing-work-life-expectations-during-covid-19/) (<https://thunderbirdpf.org/fact-sheet-balancing-work-life-expectations-during-covid-19/>).
  - [Staying connected to the culture without the sweat lodge during COVID-19](https://thunderbirdpf.org/fact-sheet-staying-connected-to-culture-without-the-sweat-lodge-during-covid-19/) (<https://thunderbirdpf.org/fact-sheet-staying-connected-to-culture-without-the-sweat-lodge-during-covid-19/>).
  - [Homelessness during COVID-19](https://thunderbirdpf.org/fact-sheet-homelessness-during-covid-19/) (<https://thunderbirdpf.org/fact-sheet-homelessness-during-covid-19/>).
  - [Supporting youth and preventing boredom during COVID-19](https://thunderbirdpf.org/fact-sheet-supporting-youth-and-preventing-boredom-during-covid-19/) (<https://thunderbirdpf.org/fact-sheet-supporting-youth-and-preventing-boredom-during-covid-19/>).
  - [Managing safe alcohol use during COVID-19](https://thunderbirdpf.org/?s=managing+safe+alcohol+use+during+covid-19) (<https://thunderbirdpf.org/?s=managing+safe+alcohol+use+during+covid-19>).
  - [Online resources for substance use disorders during COVID-19](https://thunderbirdpf.org/fact-sheet-online-resources-for-substance-use-disorders-during-covid-19/) (<https://thunderbirdpf.org/fact-sheet-online-resources-for-substance-use-disorders-during-covid-19/>).
  - [Harm reduction during COVID-19](https://thunderbirdpf.org/fact-sheet-harm-reduction-during-covid-19/) (<https://thunderbirdpf.org/fact-sheet-harm-reduction-during-covid-19/>).
  - [Managing withdrawal during COVID-19](https://thunderbirdpf.org/fact-sheet-managing-withdrawal-during-covid-19/) (<https://thunderbirdpf.org/fact-sheet-managing-withdrawal-during-covid-19/>).
  - [Hope during COVID-19](https://thunderbirdpf.org/fact-sheet-hope-during-covid-19/) (<https://thunderbirdpf.org/fact-sheet-hope-during-covid-19/>).
  
- [Talk4Healing](https://www.talk4healing.com/) (<https://www.talk4healing.com/>) - For Indigenous women
  - [Call or text: 1-855-554-HEAL / Live Chat](https://www.talk4healing.com/live-chat/) (<https://www.talk4healing.com/live-chat/>).
  - Services offered in English, Oji-Cree, Cree, Algonquin, Inuktitut, Mohawk, Oneida, Odawa, Potawatomi, Micmac, Black Foot, Anishinaabe, Moose Cree, Swampy Cree
  
- **Additional mental health resources:**
  - [Distress Centre Ottawa and Region 24/7](http://www.dcottawa.on.ca/) (<http://www.dcottawa.on.ca/>) (English)
    - Call: 613-238-3311
  - [Mental Health and COVID-19](/en/public-health-topics/mental-health-and-covid-19.aspx) (</en/public-health-topics/mental-health-and-covid-19.aspx>) - Ottawa Public Health (English & French)

- o Mental Health Crisis Line (<http://www.crisisline.ca/>) (24 hours a day/7 days a week)
  - Call: 613-722-6914 or if outside Ottawa toll-free at 1-866-996-0991

## Parenting and Pregnancy Resources

- How to support your child's mental health during the COVID-19 pandemic (<https://smho-smso.ca/covid-19/parents-and-families/>). - School Mental Health Ontario (English and French)
- Keeping Moms and Babies Safe During COVID-19 (<https://thunderbirdpf.org/keeping-moms-and-babies-safe-during-covid-19/>). - Thunderbird Partnership Foundation (English only)
- Mental Wellness During Covid-19 – For Parents and Children (<https://smho-smso.ca/wp-content/uploads/2020/04/FPWC-Mental-Wellness-During-COVID-19-Parents-Children-EN.pdf>). - First Peoples Wellness Circle (English only)
- Resources for Those Pregnant and Parenting During COVID-19 (</en/public-health-topics/social-distancing-for-parents-teens-and-children.aspx>). - Ottawa Public Health (English and French)

## Hand Washing

### Posters:

- Reduce the spread of COVID-19. Wash your hands (<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/reduce-spread-covid-19-wash-your-hands.html>). - Government of Canada (available in Inuktitut, Michif, Mi'kmaq, Ojibwe, Oji-Cree)
- Ottawa's Health is in your hands (</en/public-health-services/resources/Documents/health-in-your-hands-poster-bil.pdf>). - Ottawa Public Health (English and French)
- Wash your hands ([https://www.gov.nu.ca/sites/default/files/washing\\_hands\\_poster\\_eng\\_inuktitut.pdf](https://www.gov.nu.ca/sites/default/files/washing_hands_poster_eng_inuktitut.pdf)). - Government of Nunavut (Inuktitut and English)
- Stop the Spread of Germs: Keep Your Hands Clean ([/en/public-health-services/resources/Documents/handwashing\\_factsheet\\_en.pdf](/en/public-health-services/resources/Documents/handwashing_factsheet_en.pdf)). - Ottawa Public Health (English & French)

## Masks

### **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) (<mailto:HNTF@ottawa.ca>) to find out how to get one.

- Safely Wearing a cloth mask ([Inuktitut](/en/public-health-topics/resources/Documents/COVID-19_Safely-Wearing-a-Cloth-Mask_Inuktitut.pdf) ([/en/public-health-topics/resources/Documents/COVID-19\\_Safely-Wearing-a-Cloth-Mask\\_Inuktitut.pdf](/en/public-health-topics/resources/Documents/COVID-19_Safely-Wearing-a-Cloth-Mask_Inuktitut.pdf)), [Michif](/en/public-health-topics/resources/Documents/COVID-19_Safely-Wearing-a-Cloth-Mask-Michif.pdf) ([/en/public-health-topics/resources/Documents/COVID-19\\_Safely-Wearing-a-Cloth-Mask-Michif.pdf](/en/public-health-topics/resources/Documents/COVID-19_Safely-Wearing-a-Cloth-Mask-Michif.pdf)))
- Safely Wearing a cloth mask ([English](/en/public-health-topics/resources/COVID-19_Safely_Putting_on_Taking_off_Nonmedical_Mask_OPH_EN.pdf) ([/en/public-health-topics/resources/COVID-19\\_Safely\\_Putting\\_on\\_Taking\\_off\\_Nonmedical\\_Mask\\_OPH\\_EN.pdf](/en/public-health-topics/resources/COVID-19_Safely_Putting_on_Taking_off_Nonmedical_Mask_OPH_EN.pdf)))
- [Masks](/en/public-health-topics/masks.aspx#7-Where-can-I-purchase-a-non-medical-mask-in-Ottawa-) (</en/public-health-topics/masks.aspx#7-Where-can-I-purchase-a-non-medical-mask-in-Ottawa->) - Ottawa Public Health

## Physical Distancing

### Infographics:

- Physical Distancing poster – [Algonquin](/en/public-health-topics/resources/Documents/COVID-19_PhysDistance-Poster-Ltrsize_Bil_Algonquin.pdf) ([/en/public-health-topics/resources/Documents/COVID-19\\_PhysDistance-Poster-Ltrsize\\_Bil\\_Algonquin.pdf](/en/public-health-topics/resources/Documents/COVID-19_PhysDistance-Poster-Ltrsize_Bil_Algonquin.pdf)), [Michif](/en/public-health-topics/resources/Documents/COVID-19_PhysDistancePoster-Ltrsize_BIL-Michif.pdf) ([/en/public-health-topics/resources/Documents/COVID-19\\_PhysDistancePoster-Ltrsize\\_BIL-Michif.pdf](/en/public-health-topics/resources/Documents/COVID-19_PhysDistancePoster-Ltrsize_BIL-Michif.pdf)), and [Inuktitut](/en/public-health-topics/resources/Documents/COVID-19_PhysDistance-Poster-Ltrsize-BIL_Inuktitut.pdf) ([/en/public-health-topics/resources/Documents/COVID-19\\_PhysDistance-Poster-Ltrsize-BIL\\_Inuktitut.pdf](/en/public-health-topics/resources/Documents/COVID-19_PhysDistance-Poster-Ltrsize-BIL_Inuktitut.pdf))
  - [Maintain physical distance from others](https://www.itk.ca/wp-content/uploads/2020/03/3-e1585245133269.jpg) (<https://www.itk.ca/wp-content/uploads/2020/03/3-e1585245133269.jpg>) - Inuit Tapiriit Kanatami (Inuktitut and English)
  - [Protect Elders by staying away. Call or visit through the window instead](https://www.itk.ca/wp-content/uploads/2020/03/4-e1585245110645.jpg) (<https://www.itk.ca/wp-content/uploads/2020/03/4-e1585245110645.jpg>) - Inuit Tapiriit Kanatami (Inuktitut and English)
  - [Allow children to play only with children from within their own household](https://www.itk.ca/wp-content/uploads/2020/03/6-e1585245073155.jpg) (<https://www.itk.ca/wp-content/uploads/2020/03/6-e1585245073155.jpg>) - Inuit Tapiriit Kanatami (Inuktitut and English)

### Videos:

- [Covid-19 What 2m looks like](https://youtu.be/bk2fp5rS-kg) (<https://youtu.be/bk2fp5rS-kg>) - Inuit Tapiriit Kanatami (Inuktitut and English)
- [Physical Distancing - Stop the Spread of COVI-19 in Indigenous Communities](https://www.youtube.com/watch?v=jefCDf6ccJ4) (<https://www.youtube.com/watch?v=jefCDf6ccJ4>) - Indigenous Services Canada (English, also available in [Mohawk](https://www.youtube.com/watch?v=8Md2L4VXjY&list=PLIFBxBcxaLoWCDUmD6iUjsQgEVPavlz_I&index=9) ([https://www.youtube.com/watch?v=8Md2L4VXjY&list=PLIFBxBcxaLoWCDUmD6iUjsQgEVPavlz\\_I&index=9](https://www.youtube.com/watch?v=8Md2L4VXjY&list=PLIFBxBcxaLoWCDUmD6iUjsQgEVPavlz_I&index=9)), [Michif](https://www.youtube.com/watch?v=WUVGnr4tr8U) (<https://www.youtube.com/watch?v=WUVGnr4tr8U>), [Mi'kmaq](https://www.youtube.com/watch?v=CO5N8VpgRh8) (<https://www.youtube.com/watch?v=CO5N8VpgRh8>), [Ojibwe](https://www.youtube.com/watch?v=XskY2dtQ-WU&list=PLIFBxBcxaLoWCDUmD6iUjsQgEVPavlz_I&index=3) ([https://www.youtube.com/watch?v=XskY2dtQ-WU&list=PLIFBxBcxaLoWCDUmD6iUjsQgEVPavlz\\_I&index=3](https://www.youtube.com/watch?v=XskY2dtQ-WU&list=PLIFBxBcxaLoWCDUmD6iUjsQgEVPavlz_I&index=3)), [Oji-Cree](https://www.youtube.com/watch?v=iLkdTQ0YipU&list=PLIFBxBcxaLoWCDUmD6iUjsQgEVPavlz_I&index=12) ([https://www.youtube.com/watch?v=iLkdTQ0YipU&list=PLIFBxBcxaLoWCDUmD6iUjsQgEVPavlz\\_I&index=12](https://www.youtube.com/watch?v=iLkdTQ0YipU&list=PLIFBxBcxaLoWCDUmD6iUjsQgEVPavlz_I&index=12)), [Stoney](https://www.youtube.com/watch?v=13IIB-) (<https://www.youtube.com/watch?v=13IIB->

[gBhRI&list=PLIFBxBcxaLoWCDUmD6iUjsQgEVPavlz\\_l&index=15](https://www.youtube.com/watch?v=VXpvmekKPF0)) and **Inuktitut**  
(<https://www.youtube.com/watch?v=VXpvmekKPF0>.)

## Self-Isolation

### Infographics:

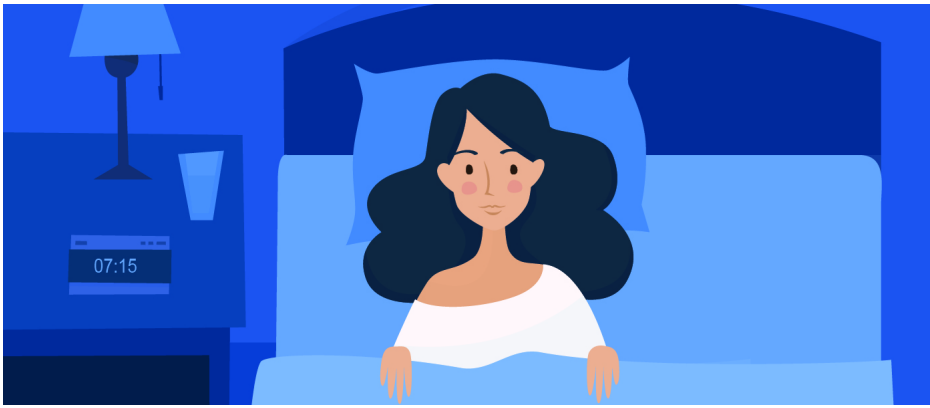
#### Cree:

- **Self-Isolation Handout – Close Contacts** ([/en/public-health-topics/resources/Documents/COVID-19\\_self-Isolation\\_HandoutsCLOSE-CONTACT\\_Cree.pdf](/en/public-health-topics/resources/Documents/COVID-19_self-Isolation_HandoutsCLOSE-CONTACT_Cree.pdf)).
- **Self-Isolation Handout – Health Workers** ([/en/public-health-topics/resources/Documents/COVID-19\\_self-Isolation\\_HandoutsHEALTH-WORKERS\\_Cree.pdf](/en/public-health-topics/resources/Documents/COVID-19_self-Isolation_HandoutsHEALTH-WORKERS_Cree.pdf)).
- **Self-Isolation Handout – Tested** ([/en/public-health-topics/resources/Documents/COVID-19\\_Self-IsolationHandoutsTESTED\\_Cree.pdf](/en/public-health-topics/resources/Documents/COVID-19_Self-IsolationHandoutsTESTED_Cree.pdf)).
- **Self-Isolation Handout – Not Tested** ([/en/public-health-topics/resources/Documents/COVID-19\\_self-Isolation\\_Handout-NOT-TESTED\\_Cree.pdf](/en/public-health-topics/resources/Documents/COVID-19_self-Isolation_Handout-NOT-TESTED_Cree.pdf)).

#### Inuktitut:

- **Self-Isolation Handout – Close Contacts** ([/en/public-health-topics/resources/Documents/COVID-19-Self-Isolation\\_Handouts\\_CLOSE-CONTACT\\_Inuktitut.pdf](/en/public-health-topics/resources/Documents/COVID-19-Self-Isolation_Handouts_CLOSE-CONTACT_Inuktitut.pdf)).
- **Self-Isolation Handout – Health Workers** ([/en/public-health-topics/resources/Documents/COVID-19\\_self-Isolation\\_Handouts\\_HEALTH-WORKERS\\_Inuktitut.pdf](/en/public-health-topics/resources/Documents/COVID-19_self-Isolation_Handouts_HEALTH-WORKERS_Inuktitut.pdf)).
- **Self-Isolation Handout – Tested** ([/en/public-health-topics/resources/Documents/COVID-19-Self-Isolation\\_Handouts\\_TESTED\\_Inuktitut.pdf](/en/public-health-topics/resources/Documents/COVID-19-Self-Isolation_Handouts_TESTED_Inuktitut.pdf)).
- **Self-Isolation Handout – Not Tested** ([/en/public-health-topics/resources/Documents/COVID-19\\_self-Isolation\\_Handout\\_NOT-TESTED\\_Inuktitut.pdf](/en/public-health-topics/resources/Documents/COVID-19_self-Isolation_Handout_NOT-TESTED_Inuktitut.pdf)).
- **If you have been told to self-isolate, don't leave home, and no visitors allowed** (<https://www.itk.ca/wp-content/uploads/2020/03/7-e1585245055696.jpg>). - Inuit Tapiriit Kanatami (Inuktitut and English)





**Self-isolation instructions for COVID-19**

[\(/en/public-health-topics/self-isolation-instructions-for-novel-coronavirus-covid-19.aspx\)](https://www150.ca.gov/public-health-topics/self-isolation-instructions-for-novel-coronavirus-covid-19.aspx)



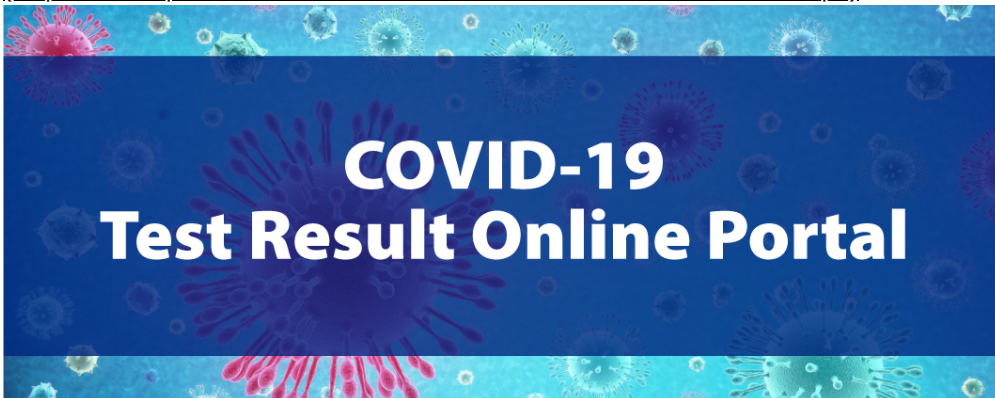
**Businesses and Workplaces – COVID-19 Information**

[\(/en/public-health-topics/covid-19-information-for-workplaces.aspx\)](https://www150.ca.gov/public-health-topics/covid-19-information-for-workplaces.aspx)



**COVID-19 Assessment Centre and Care Clinics**

[http://ottawapublichealth.ca/en/shared-content/assessment-centres.aspx\)](http://ottawapublichealth.ca/en/shared-content/assessment-centres.aspx)



**COVID-19 Test Result Online portal**

[\(https://covid-19.ontario.ca/\)](https://covid-19.ontario.ca/)



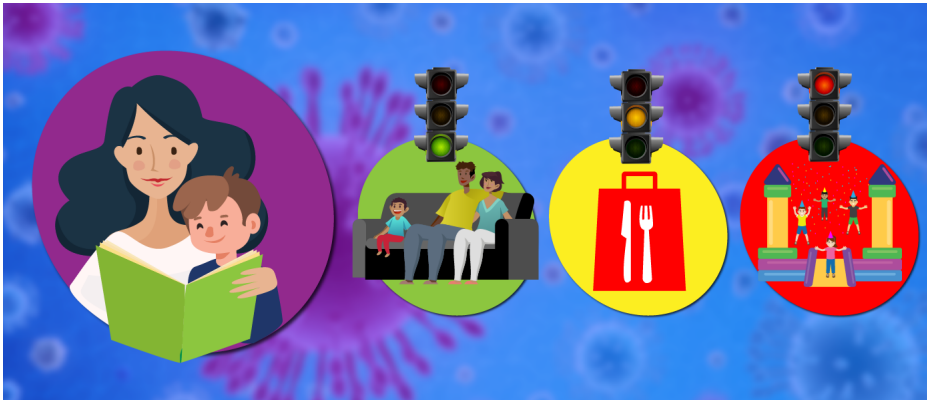
### COVID-19 self-assessment tool

(<https://covid-19.ontario.ca/self-assessment/#q0>).



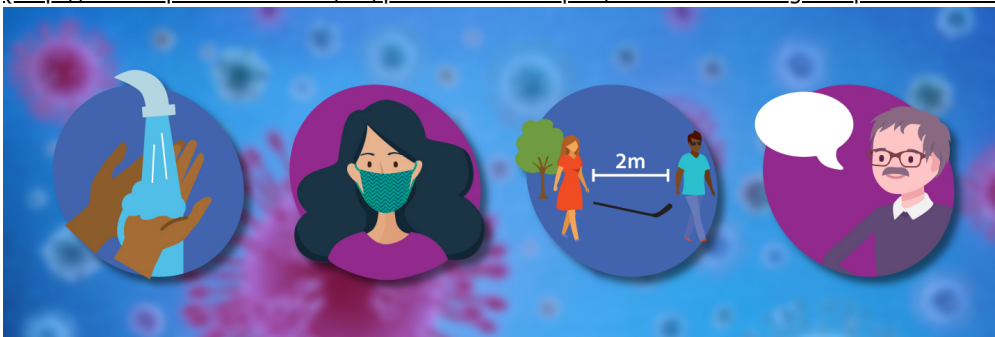
### Resources for First Nations, Inuit and Métis Community Members

(</en/public-health-topics/resources-for-first-nations-inuit-and-m-tis-community-members.aspx>).



### Resources for Those Pregnant and Parenting During COVID-19

(<http://ottawapublichealth.ca/en/public-health-topics/social-distancing-for-parents-teens-and-children.aspx>).



### COVID-19: Share your thoughts

## Why, when and where should I wear a c...



### Mental health and COVID-19

[\(/en/public-health-topics/mental-health-and-covid-19.aspx\)](https://www.ottawapublichealth.ca/en/public-health-topics/mental-health-and-covid-19.aspx)



### What is physical distancing?

[\(/en/public-health-topics/social-distancing.aspx\)](https://www.ottawapublichealth.ca/en/public-health-topics/social-distancing.aspx)

(<https://engage.ottawa.ca/covid19>).

## Related pages

- [Learn more about the Novel Coronavirus COVID-19 and the current situation in Ottawa](/en/public-health-topics/novel-coronavirus.aspx?utm_source=OPH&utm_medium=Home+Page+Banner&utm_campaign=Coronavirus&utm_content=self-isolation-page) (/en/public-health-topics/novel-coronavirus.aspx?utm\_source=OPH&utm\_medium=Home Page Banner&utm\_campaign=Coronavirus&utm\_content=self-isolation-page).
- [Grocery Shopping, Meal Planning, and Cooking During COVID-19](/en/public-health-topics/grocery-shopping.aspx) (/en/public-health-topics/grocery-shopping.aspx).
- [Being Active During COVID-19](/en/public-health-topics/being-active-during-covid-19.aspx) (/en/public-health-topics/being-active-during-covid-19.aspx).
- [Older Adults and COVID-19](/en/public-health-topics/Older+Adults+and+COVID-19.aspx) (/en/public-health-topics/Older Adults and COVID-19.aspx).
- [How to prepare for the COVID-19 pandemic](/en/public-health-topics/covid-19-information-for-workplaces.aspx) (/en/public-health-topics/covid-19-information-for-workplaces.aspx).
- [Stop the spread of germs](/en/public-health-services/stop-the-spread-of-germs.aspx) (/en/public-health-services/stop-the-spread-of-germs.aspx).
- [Information on novel coronavirus \(COVID-19\) for physicians and health care professionals](/en/professionals-and-partners/hcp-ncov.aspx) (/en/professionals-and-partners/hcp-ncov.aspx).
- [Hosting, postponing or cancelling mass gatherings](/en/public-health-topics/hosting-postponing-or-cancelling-mass-gatherings.aspx) (/en/public-health-topics/hosting-postponing-or-cancelling-mass-gatherings.aspx).
- [Masks](/en/public-health-topics/masks.aspx) (/en/public-health-topics/masks.aspx).
- [Be COVIDWise](/en/public-health-topics/be-covidwise.aspx) (/en/public-health-topics/be-covidwise.aspx).
- [Community Partners and Service Providers](/en/professionals-and-partners/covid-19-resources.aspx) (/en/professionals-and-partners/covid-19-resources.aspx).
- [City of Ottawa COVID-19 portal](https://ottawa.ca/en/health-and-public-safety/covid-19-ottawa) (<https://ottawa.ca/en/health-and-public-safety/covid-19-ottawa>).

## Popular downloads

- [Download our sick note and stay home if you are sick.](/en/shared-content/resources/Corona/Sick-Note-COVID19-Updated-2020_05_25.pdf) (/en/shared-content/resources/Corona/Sick-Note-COVID19-Updated-2020\_05\_25.pdf).
- [Download our pandemic preparedness checklist for COVID-19](/en/shared-content/resources/Corona/Prep-for-Pandemic-COVID-19-Factsheet_EN-v10.pdf) (/en/shared-content/resources/Corona/Prep-for-Pandemic-COVID-19-Factsheet\_EN-v10.pdf).
- [Download our Be COVID Wise: Understand Your Risks during COVID-19 poster](/en/shared-content/resources/Corona/Covid-19-Be-COVID-Wise_Understand-Your-Risks-during-COVID-19_2020.EN.pdf) (/en/shared-content/resources/Corona/Covid-19-Be-COVID-Wise\_Understand-Your-Risks-during-COVID-19\_2020.EN.pdf).
- [Download our OPH Response to COVID-19 Infographic](/en/shared-content/resources/Corona/COVID-19-Response-infographic_EN.pdf) (/en/shared-content/resources/Corona/COVID-19-Response-infographic\_EN.pdf).
- [Self-Isolation Handout - Close contacts](/en/public-health-topics/resources/Documents/Covid-19-Self-Isolation-Assessment-Centre-Handout-Close-Contact-v2020.6-EN.pdf) (/en/public-health-topics/resources/Documents/Covid-19-Self-Isolation-Assessment-Centre-Handout-Close-Contact-v2020.6-EN.pdf).

- [Self-Isolation Handout - Tested \(/en/public-health-topics/resources/Documents/Covid-19-Self-Isolation-Assesment-Centre-Handout-Tested-v2020.6-EN.pdf\)](/en/public-health-topics/resources/Documents/Covid-19-Self-Isolation-Assesment-Centre-Handout-Tested-v2020.6-EN.pdf)
- [Self-Isolation Handout - Not tested \(/en/public-health-topics/resources/Documents/Covid-19-Self-Isolation-Assesment-Centre-Handout-Not-Tested-v2020.6-EN.pdf\)](/en/public-health-topics/resources/Documents/Covid-19-Self-Isolation-Assesment-Centre-Handout-Not-Tested-v2020.6-EN.pdf)
- [Self-Isolation Handout - For workers in health care facilities and institutions \(/en/public-health-topics/resources/Documents/HCP-self-isolation-EN.pdf\)](/en/public-health-topics/resources/Documents/HCP-self-isolation-EN.pdf)
- [Print and Web Resources \(http://ottawapublichealth.ca/en/shared-content/print-resource-and-handwashing-signage.aspx\)](http://ottawapublichealth.ca/en/shared-content/print-resource-and-handwashing-signage.aspx)
- [Multilingual Resources for COVID-19 \(/en/public-health-topics/multilingual-resources.aspx\)](/en/public-health-topics/multilingual-resources.aspx)

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