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**UPDATE FROM NEPEAN HOUSING CORPORATION- (COVID-19)**  
**PLEASE SHARE THIS INFORMATION WITH NEIGHBOURS  
WHO DON'T HAVE AN E-MAIL ADDRESS**

Hi Everyone, it's Wednesday, week 31 – we hope you're all doing well. There have been lots of changes over the past two weeks related to COVID testing & booking, when you should go for testing, and provincial guidelines. With everything going on, it hasn't been easy, and there are seemingly new developments and information coming out every day. The COVID-19 pandemic is very hard for many of us. If you or someone you know is struggling, there is help in our community. [Here](#) is some information about where to get help and things you can do to stay mentally well.

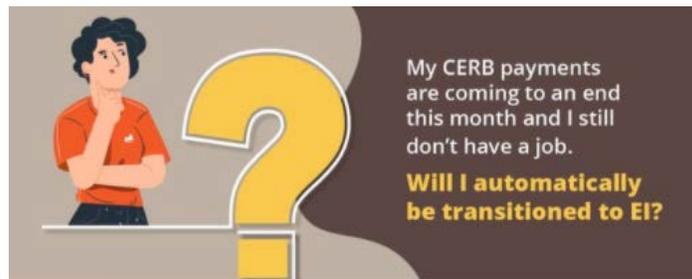


### **Ontario reverts COVID-19 hotspots to modified Stage 2, Ottawa Moves into CODE RED on the pandemic scale**

Ontario's COVID-19 cases are rising again. Effective 12:01 a.m. on Oct. 10, a number of new measures have been implemented in Toronto, Peel Region and Ottawa, which includes the shutdown of indoor dining and gyms for 28 days. Visit [here](#) for more information.

Yesterday, Ottawa reached its highest level on pandemic scale: Code RED. Code Red is the most severe classification on a four-colour scale used by public health officials to determine the severity of COVID-19 in the community, including the risk of overburdening the local health-care system. Visit [here](#) for more information.

### **Service Canada CERB/ EI transition**



The majority of claimants receiving CERB through Service Canada who are eligible for EI will be automatically transitioned. No matter what their situation is, Service Canada will contact EI clients to confirm whether they need to reapply or not. For more info, visit: <https://www.canada.ca/en/employment-social-development/corporate/portfolio/service-canada.html>

### **Canada Recovery Benefit (CRB)**

The Canada Recovery Benefit (CRB) gives income support to employed and self-employed individuals who are directly affected by COVID-19 and are not entitled to Employment Insurance (EI) benefits. The CRB is administered by the Canada Revenue Agency (CRA).

If you are eligible for the CRB, you can receive \$1,000 (\$900 after taxes withheld) for a 2-week period. If your situation continues past 2 weeks, you will need to apply again. You may apply up to a total of 13 eligibility periods (26 weeks) between September 27, 2020 and September 25, 2021. For more information, visit: <https://www.canada.ca/en/revenue-agency/services/benefits/recovery-benefit.html>

### **COVID tests have moved to an appointment only system**

Ontario has moved to an appointment-based system for COVID-19 testing. In Ottawa and eastern Ontario, that means assessment centres that previously allowed walk-ins will require appointments, primarily booked online, though some options for people without computers still exist. You can find more information about COVID-19 testing in Ottawa, including answers to frequently asked questions, at [Ottawa Public Health's website](#).

### **Testing Criteria Has Been Updated: When should I go for testing?**

According to Ottawa Public Health, there are four reasons to seek testing for COVID-19:

1. You are showing [COVID-19 symptoms](#). OR
2. You have been exposed to a confirmed case of the virus, as informed by Ottawa Public Health or exposure notification through the COVID Alert app. OR
3. You are a resident or work in a setting that has a COVID-19 outbreak, as identified and informed by Ottawa Public Health. OR
4. You are eligible for testing as part of a targeted testing initiative directed by the Ministry of Health or the Ministry of Long-Term Care.

Visit <https://www.ottawapublichealth.ca/en/shared-content/assessment-centres.aspx> to book an appointment at assessment centres across Ottawa and eastern Ontario.

### **Consider Getting a Flu Shot**

Getting your annual flu vaccine is an important way to help protect yourself, your family and vulnerable people in your community against seasonal flu. It will also help reduce the burden on Canada's health care system during this unprecedented time. The flu vaccine will not protect against COVID-19, but it will help reduce your risk of getting the flu and [COVID-19](#) at the same time. Having both illnesses at the same time could put you at a higher risk for severe illness. Visit [here](#) for information on where you can get a flu shot.

## Christmas Exchange Toy Mountain

### The Nepean Rideau and Osgoode Community Resource Centre. (NROCRC)

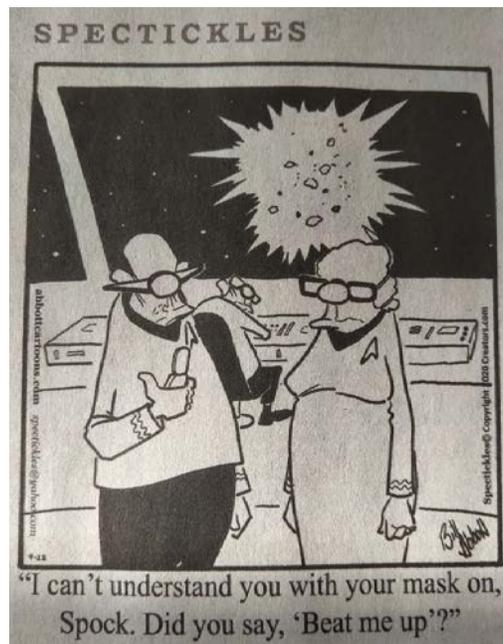
Registration for Christmas Exchange and Toy Mountain has started at NROCRC. There are two deadlines to apply, November 20th for Christmas Exchange and December 11th for Toy Mountain, 2020. Visit [here](#) for more information.

### A message from By-Law

Do you have a question for a By- Law Officer that you see on patrol? They are always happy to answer, but, in order to further reduce the spread of COVID-19, they ask that you keep a two-meter distance and please approach their vehicles from the passenger's side.

### Will you take the pledge?

The Ontario Hospital association is calling on residents across the province to renew their commitment to protecting our loved ones and our community by taking a pledge to flatten the curve. If you would like to consider taking the pledge, visit here: <https://www.ontariocovidpledge.ca/>



### Meal Kits

We are currently running a virtual cooking program with some of our senior residents who live in the Centrepointe and Hammill Court areas. Part of the program is providing a meal kit to cook at home. From time to time, we may have some extra meal kits available that make a meal for 1 or 2 people. We cannot guarantee we will have extra kits available, but we would like to collect names for a waiting list so we can distribute them. If you would like to put your name on a waiting list, please fill in the following form or call the office if you need help accessing the form:

<https://www.cognitofrms.com/TheNepeanHousingCorporation/MealKitFormMeatAndVegetarianOptions2>