

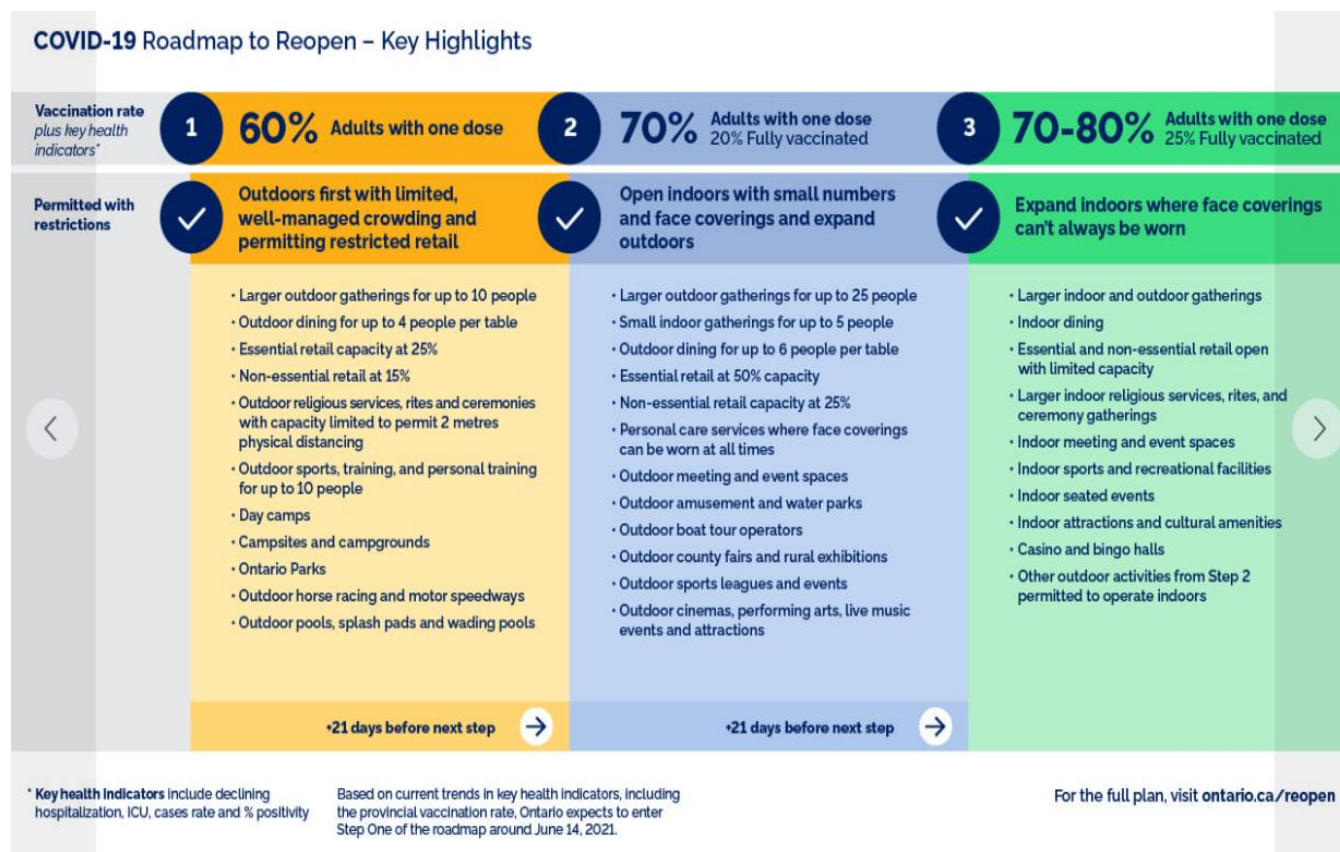
To access this and past Updates, please visit NHC's [website](#), or Ctrl/click on this link [UPDATE FROM NEPEAN HOUSING CORPORATION- \(COVID-19\)](#)
PLEASE SHARE THIS INFORMATION WITH NEIGHBOURS WHO DON'T HAVE AN E-MAIL ADDRESS

NOTE: We are using a different platform to send mass e-mails. Please do not respond directly to these e-mails. If you need to contact us, please use info@nepeanhousing.ca or the direct staff e-mail address.

Hi, everyone: we hope you are all doing well and staying safe! Last week, Ottawa Public Health reported the city's busiest week for COVID-19 vaccinations on record since the rollout began, including a major jump in the administration of second doses. COVID-19 cases in Ottawa have been slowly going down over the past few weeks and the vaccination rate continues to rise. As of last week, 60% of eligible Ottawa residents 18 and older had received at least one dose of the COVID-19 vaccine. Let's all keep doing our part by staying vigilant and [COVID WISE!](#)

Roadmap to Reopen- Ontario

Ontario has released its Roadmap to Reopen, a three-step plan to safely and cautiously reopen the province and gradually lift public health measures.



The steps are dependant upon vaccination rates: at least 60 per cent of adults in Ontario will need to have one dose for step one, at least 70 per cent will need to have one dose and 20 per cent will need to be fully vaccinated to move into step two, and 70-80 per cent should have one dose and 25 per cent should be fully vaccinated to progress to step three. To view the plan, visit [here](#).



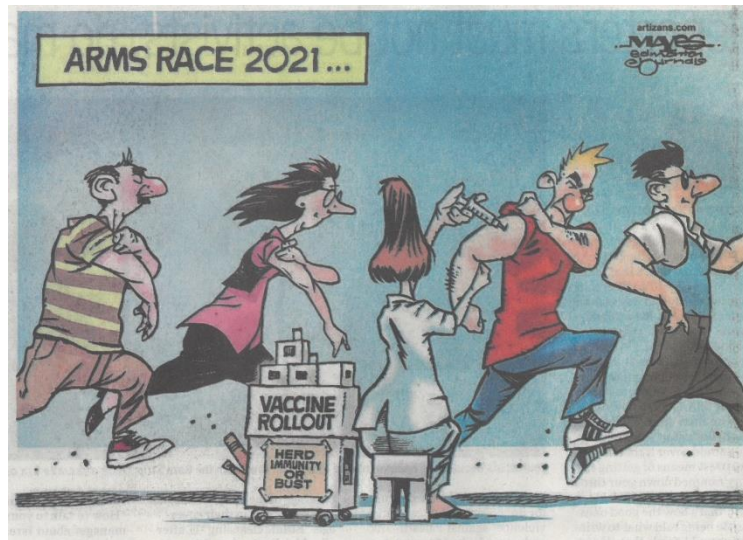
Vaccine Updates

Ontario youth between 12 and 17 can start booking COVID-19 vaccine appointments
Ontario youth between 12 and 17 are now eligible to have COVID-19 vaccine appointments booked. Appointments can be booked through the provincial portal or through select pharmacies. To get an appointment, the youth must be 12 years old on the date of the booking. For those who are not yet 12 years old by Sunday, the province said they can book their appointment for a later date through the provincial call centre (1-833-943-3900) or directly through public health units who have their own booking system. For more information on how to book a COVID-19 vaccine appointment, visit [here](#).

Are you wondering how to talk to your children about getting the COVID-19 vaccine?
This website has resources to help you & your family feel more confident about COVID-19 vaccines. Visit: <https://kidshealthfirst.ca/>

Adults 80 and older can book second doses to begin two-dose summer in Ottawa
The Province of Ontario has announced reduced waiting periods between first and second doses. Originally slated to begin Monday, May 31 at 8 am but "on pause" because of problems with the booking system, all adults age 80 and older (born in 1941 or earlier) may book their second dose vaccine appointments through the provincial booking system. This applies to both those who booked their first doses through the provincial system and those who booked their first doses through Ottawa Public Health. Visit [Ontario.ca/bookvaccine](https://ontario.ca/bookvaccine) to access the provincial booking system or call the provincial vaccine booking line at 1-833-943-3900 between 8 am and 8 pm, seven days a week.

Only book or call if you are eligible. Booking availability may be limited due to vaccine supply.

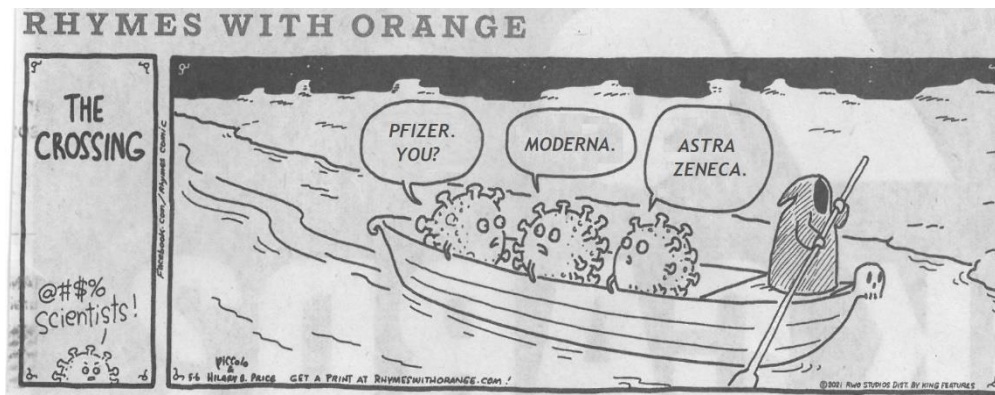


Beginning the week of June 14, adults 70 and older will be able to access the provincial booking system to book their second doses for an earlier date. The Province of Ontario's vaccination rollout goal is for all Ontario residents who want a vaccine to have received both doses by the end of August.

Individuals who already have second dose appointments will keep their original appointments if they don't re-book for an earlier shot. Moving up the date of your second dose is optional.

I'm vaccinated, now what? A message from Ottawa Public Health

After you receive your first dose of the COVID-19 vaccine, please continue to wear a mask, stay home and get tested when sick and stay 2m apart from those living outside your household. Until we reach community immunity, we must stay the course. Visit [here](#) for more information.



Astra Zeneca

Following the direction of the province on May 11th, Ontario immediately paused the administration of the first dose of the AZ vaccine. This message aims to provide an update and help you understand what we experts know about Astra Zeneca and what is still being determined.

Why was this change made now?

There are several reasons for this change:

- The AstraZeneca vaccine has been associated with a syndrome involving reduced platelets and unusual blood clots. This syndrome is now most commonly called VITT (Vaccine-Induced Thrombotic Thrombocytopenia). Based on Ontario data to date, they now think it happens after around one in every 60,000 injections.
- The rates of COVID-19 infection in the province falling.
- There are increasing supplies of other vaccines coming into Ontario.

Should I have waited for a different vaccine?

If you have already been vaccinated, you did the right thing by protecting yourself and others around you. Having a first dose of any vaccine provides significant protection against serious illness and death should you become infected with COVID-19.

What should I watch for after receiving an AstraZeneca vaccine?

If you received the AZ vaccine more than 28 days ago, that is great as you are well on your way to protection. The province will provide more details on second doses as information becomes available.



How to manage anxiety

Please remember that serious side effects are very rare.

- * Focus on the benefit you have obtained as your body uses this time to build immunity for you and those around you;
- * Try online services that may include support groups, mindfulness, or therapy like [Wellness Together](#) or [MindBeacon](#);
- * Talk to someone through the ConnexOntario Helpline (1-866-531-2600) or 211 Ontario (dial 2-1-1).

What about the second doses?

The public health scientists and advisors are hard at work finding the best steps forward on the type of vaccine and timing of the second dose. If you received your first dose of AstraZeneca between March 10-19th, 2021, you could get your SECOND DOSE this week! To find out how you can book an appointment visit: <https://covid-19.ontario.ca/vaccine-locations> The province will update as information becomes available.

Are you struggling to pay your electric bill?

You may be eligible to receive a monthly credit on your bill from the Ontario Electricity Support Program (OESP). NROCRC can help determine if you are eligible and apply for you. For more information, contact us at 613-596-5626 ext. 301 or by email at info@nrocrc.org or to learn more visit: <https://nrocrc.org/how-nrocrc-can-help/are-you-struggling-to-pay-your-energy-bills>

Taxes & Benefits Information Sessions for Seniors

The Nepean Rideau and Osgood Community Resource Centre in partnership with the South Nepean Satellite CRC will be hosting a series of Taxes and Benefits Information Sessions for Seniors. The presenters are CRA and Service Canada staff. To learn more visit [here](#).



Rogers Connected for Success

The Rogers' Connected for Success program offers high-speed, low-cost internet across Ontario, New Brunswick and Newfoundland to subsidized tenants, seniors, families with children and to individuals receiving disability and income support. The new eligibility criteria now include individuals who qualify for Ontario Works (OW), Ontario Disability Support Benefit (ODSP) and Guaranteed Income Supplement (GIS), in addition to those qualified for RGI.

What happens if you currently on a bundle (TV, Home Phone and Internet)?

Rogers representatives will weigh out the options for you to ensure it makes sense for you to make the switch to Connected for Success. Connected for Success cannot be consolidated with any other products, so you may decide to stay with your bundle package. To sign up call 1-866-689-0758 or visit: www.connectedforsuccess.ca for more information. You can also [click here](#) to view the different packages.

A few messages from Nepean Housing

Ants

We have been getting a few calls (OK, a lot of calls) about Ants. It's hard to escape ants in spring. And that's not a bad thing: Ants are important. They help decompose soil, can keep other insect populations down, and assist in the pollination process. But when they get into your home, that can be a big problem. While they don't spread disease, sugar ants will gather around bits of food left lying around, and others -- like carpenter ants -- can cause structural damage to wooden homes. Here are five natural ways to keep ants out of your home.

5. MINT

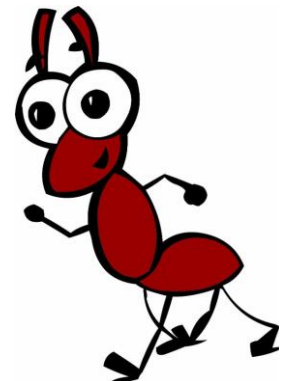
You can deter ants from entering your homes by growing mint outside your door or by spraying entryways with a mixture of peppermint essential oil and water. This may help keep other insects away as well, like fruit flies.

4. VINEGAR

Ants don't like the smell of vinegar and wiping down surfaces with a 50-50 mixture of water and vinegar will help keep them away. As a bonus, this also works as a good cleaner

3. CITRUS AND TEA TREE OILS

Ants follow a scent trail, and spraying a mixture of citrus and/or tea tree oil around will throw them off track. Citrus oil also contains d-limonene, which is toxic to ants. But here's something to keep in mind: d-limonene is also toxic to cats, so you may want to consider something else if your home has feline occupants.



2. CLEAN FREQUENTLY

Ants love sticky surfaces and crumbs, so make sure to keep surfaces clean. Once you've spotted one ant in your home, it's a good sign to start cleaning. Other tips include:

- Storing produce in the fridge.
- Throwing out overripe fruits and veggies right away.
- Taking out the garbage regularly.

1. CORNMEAL

There are a few articles on the web suggesting that cornmeal will kill ants because they can't digest it. Try sprinkling it near entry points or any areas ants may be congregating.

Air Conditioners

We've also been getting a few calls (in this case, yes, a few calls) about air conditioners. To provide an impartial third party explanation, the following article from The Ottawa Citizen, May 22, 2021 (*Can't stand the heat? Here's what you should know about AC units in apartments*), may answer some questions.

Question: I recently moved from Toronto to Ottawa to take a new job. People tell me that the summer is just as hot and humid in Ottawa as it is in Toronto. I just spoke with the superintendent of the building where I rent my apartment about putting in window air conditioning units. He told me that I am only allowed to install an AC unit over my balcony but not in the bedroom, where there is a long drop to the ground. My main AC unit is not large enough to cool the entire apartment. I am not looking forward to not being able to sleep at night because my bedroom is too hot. I'm willing to pay for the extra hydro for two AC units, and I know how to install them safely. Can my landlord stop me from installing my second AC unit in the bedroom window?

Answer: Yes, your landlord can do that. The danger the landlord is seeking to prevent is that the AC unit can fall out of the window and kill or hurt someone on the ground below. That exact thing happened to a child in Toronto Community Housing recently, who was killed. The outright prohibition on AC units, other than those over balconies or close to the ground, is the most effective way to protect everyone's safety.

However, not all landlords impose that prohibition. A number of large Ottawa landlords require tenants to have their AC units installed professionally. Some landlords offer tenants a list of tradespeople who will install their AC units safely.

Other landlords will accept the tenant's installation but insist on inspecting the installation. That is a bit risky because one of the times when an accident can happen is the very act of installing or removing the AC unit. If the window is pushed up without the AC unit being held down strongly enough, the AC unit can fall is out of the window, endangering anyone who is below.

Still other landlords insist or strongly recommend that tenants use in-unit AC units. Those usually require a vent through a window, but the unit is not a danger because it sits inside the apartment. Google searches reveal many options for in-unit AC units.

Another issue is payment for the additional electricity that the AC unit(s) will require. If a tenant is paying for their own electricity, then that is not an issue for them. However, for many tenants, the electricity used in the apartment is included in the rent. The Ontario Residential Tenancies Act generally prohibits extra rent increases, but the regulations under the RTA make specific provision for an extra charge for "extra electricity for an air conditioner."

That extra charge can be a seasonal charge paid once for the cooling season or it can be a monthly charge from June to September (or May to September). Landlords generally require the payment of an extra charge for the electricity that tenant air conditioners will draw. That can vary between \$50 and \$100 or more per month, or between \$250 and

\$500 or more per cooling season, depending on the size of the apartment, the number of air conditioners and the landlord's experience with increased electricity bills due to the AC units. (*Note: NHC's charge at 130 Centrepointe is \$170 for the season – much lower!*)