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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 35 – We hope you're all doing well. Today is Remembrance Day. Every year on November 11, Canadians pause in a silent moment of remembrance for the men and women who have served, and continue to serve our country during times of war, conflict and peace. This year, due of COVID, most Remembrance Day events in Ottawa are being hosted virtually. The public is being asked to stay home. Please take a moment to look at some of the [virtual events](#) and ceremonies that will be taking place around the capital. Lest we forget!



### **A Message from Nepean Housing Staff Maintenance Requests**

As a reminder, NHC will be completing only emergency work orders until further notice. Tenants must advise NHC at the time of making a making request if they are feeling ill or are required to self-isolate due to awaiting COVID testing results, feel symptomatic or have tested positive. When NHC staff arrive to complete the work order, all occupants of the residence must be wearing a face mask and keep at least 2 metres (6 feet) distance at all time. If this is not possible, all residents must leave the unit until the work is completed. For the safety of staff and tenants, staff will not enter the residence unless these conditions are met and will leave the residence if the conditions are not followed while they are there.

### **COVID-19 updates from the Province of Ontario**

The Ontario government decided to place Ottawa in "Orange Restrict" zone as of Saturday, November 7. This zone is part of the classification system that the Ontario government will use to determine restriction levels through Ontario. This zone will allow gyms, restaurants and bars etc. to re-open with some strict guidelines. To view the guidelines and what the differing restriction levels mean, visit [here](#).




# Ontario - Orange Restrict

Social gatherings:

<b>INDOOR LIMIT: <u>10</u></b>	<b>OUTDOOR LIMIT: <u>25</u></b>
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## Canada's top public health doctor now recommends 3-layer non-medical masks

The Public Health Agency of Canada is now recommending Canadians choose three-layer non-medical masks with a filter layer to prevent the spread of COVID-19 as they prepare to spend more time indoors over the winter. According to [recently updated guidelines](#), two layers of the mask should be made of a tightly woven fabric, such as cotton or linen, and the middle layer should be a filter-type fabric, such as non-woven polypropylene fabric. The Public Health website [now includes instructions](#) for making three-layer masks.

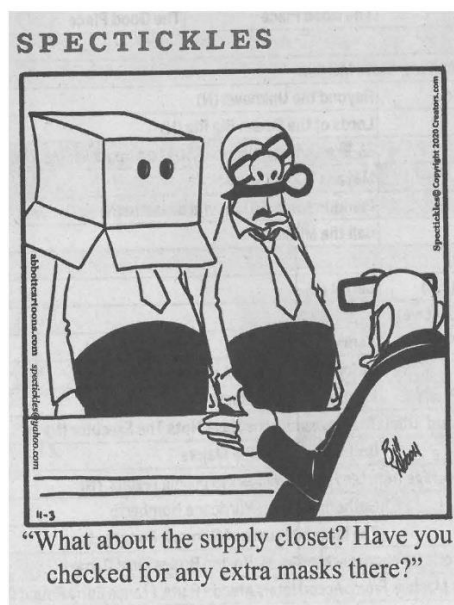


## Buried in Treasures- A Hoarding Support Program

Options Bytown will now be offering the Buried in Treasures (BIT) Workshop online! For those of you who may not be familiar with this workshop, it is an amazing hoarding support, typically 16 sessions long, with aftercare provided and peer support as well. This is an online workshop. If you would like to participate, you will need to have access to a safe space with computer and internet and some basic computer skills. Spaces are limited, and potential participants must be able to make a commitment to attending weekly. For more information about registration contact: Katie Packer-Housing Loss Prevention Worker-Canadian Mental Health Association, Ottawa Branch Phone: 613-737-7791 Ext. 464

## An Update from Ottawa By-Law

Did you know? Evidence shows that plastic face shields alone are NOT equivalent to wearing a mask. A face shield is not a substitute for wearing a face mask as it does not filter respiratory droplets. A face shield may provide some protection for the wearer against droplets expelled from another person; however, these droplets may still be inhaled around the shield. Respiratory droplets expelled by the wearer may escape around the sides of the face shield, which therefore provides less protection to others. If you choose to wear a face shield, we recommend - if possible - to wear it in addition to a properly fitted mask.



### **Distress Centre of Ottawa and Region**

The Distress Centre of Ottawa and Region's services have [expanded and they now offer both text and chat support!](#)

### **Council on Aging of Ottawa**

The Council on Aging will be hosting a series of online education sessions: [How seniors are coping with the COVID-19 pandemic](#), on November 19th and [Worried about Winter Walking? Join the Snow Mole Patrol!](#) on December 4th.

### **Youth Services Bureau Employment Services**

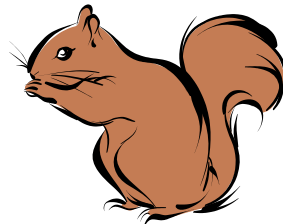
The YSB has shared its [November 2020 Virtual Workshops and Events Calendar](#)

### **CLEO (Community Legal Education Ontario)**

Steps to Justice now has interactive illustrations of family court rooms in the [Ontario Court of Justice](#) and the [Superior Court of Justice](#). These give you an idea of what the court room looks like and who may be present at your conference, motion, or trial. You can click on the pop-up buttons to get more information about who the key players are and their roles.

### **The Effects of Feeding Wildlife**

A reminder – again – to residents: please refrain from feeding wildlife including, birds, squirrels, chipmunks and other wildlife. Feeding wildlife does not have to be a deliberate act: Wildlife will also feast on improperly stored garbage or unlocked green bins. Please ensure all waste is properly secured. We do NOT encourage bird feeders, but, if you wish to use a bird feeder, it must be squirrel-proof. You will be asked to remove any feeder that is not squirrel-proof.



Many people enjoy feeding wildlife because it allows them to have close contact with the animals, or because they believe they are helping the animals survive. While seeing wild animals up close can be enjoyable, providing wild animals with a steady, human-supplied food source nearly always leads to problems for both the animals and humans. Also, wildlife can carry disease or insects that are harmful to humans. ***Another unanticipated risk is the possibility of allergic reactions to food such as peanuts that squirrels will transport to many locations. This is a life threatening risk!***