



COVID-19 Pandemic Response Ottawa City Council Update

Dr. Vera Etches, Medical Officer of Health
June 24, 2020

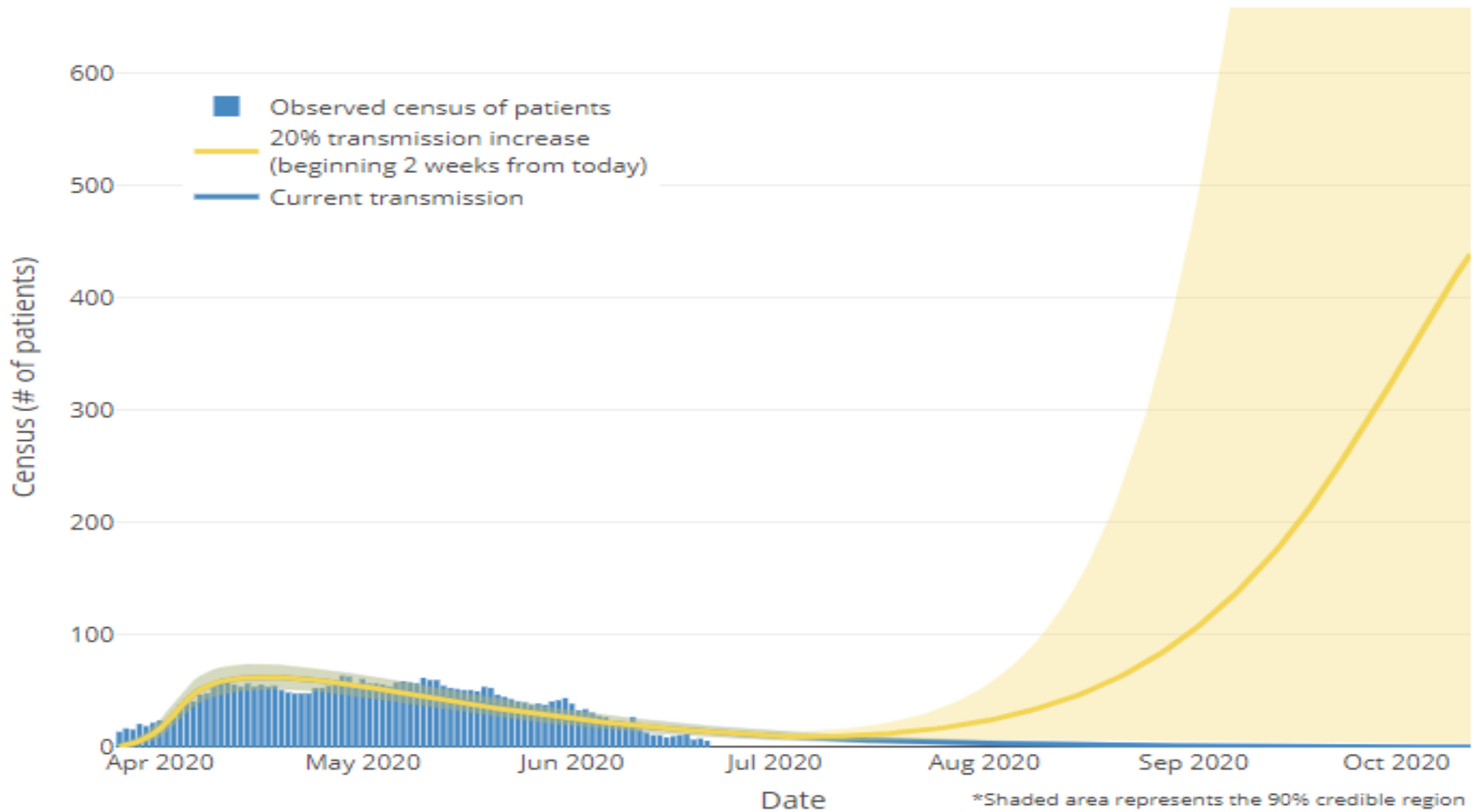
What is the Current COVID-19 Situation?

- Case counts decreasing
 - some with no known exposure
- Hospitalization decreasing
- Outbreaks decreasing
- Case and contact follow-up on target
- Testing volumes up, percent positive down



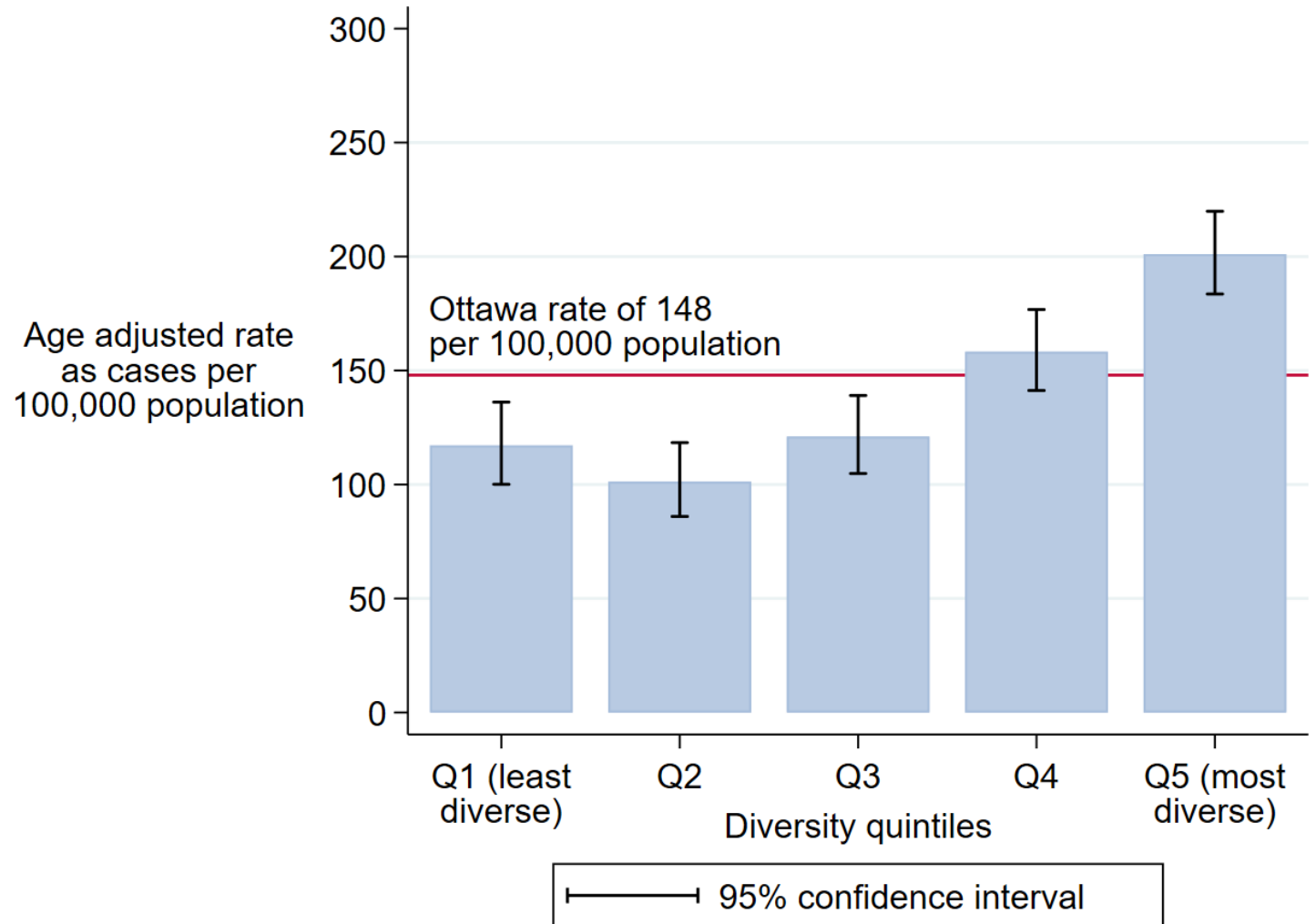
The Ongoing Risk

Projected COVID-19 hospital census in Ottawa



Ethnic Diversity and COVID-19 Rates

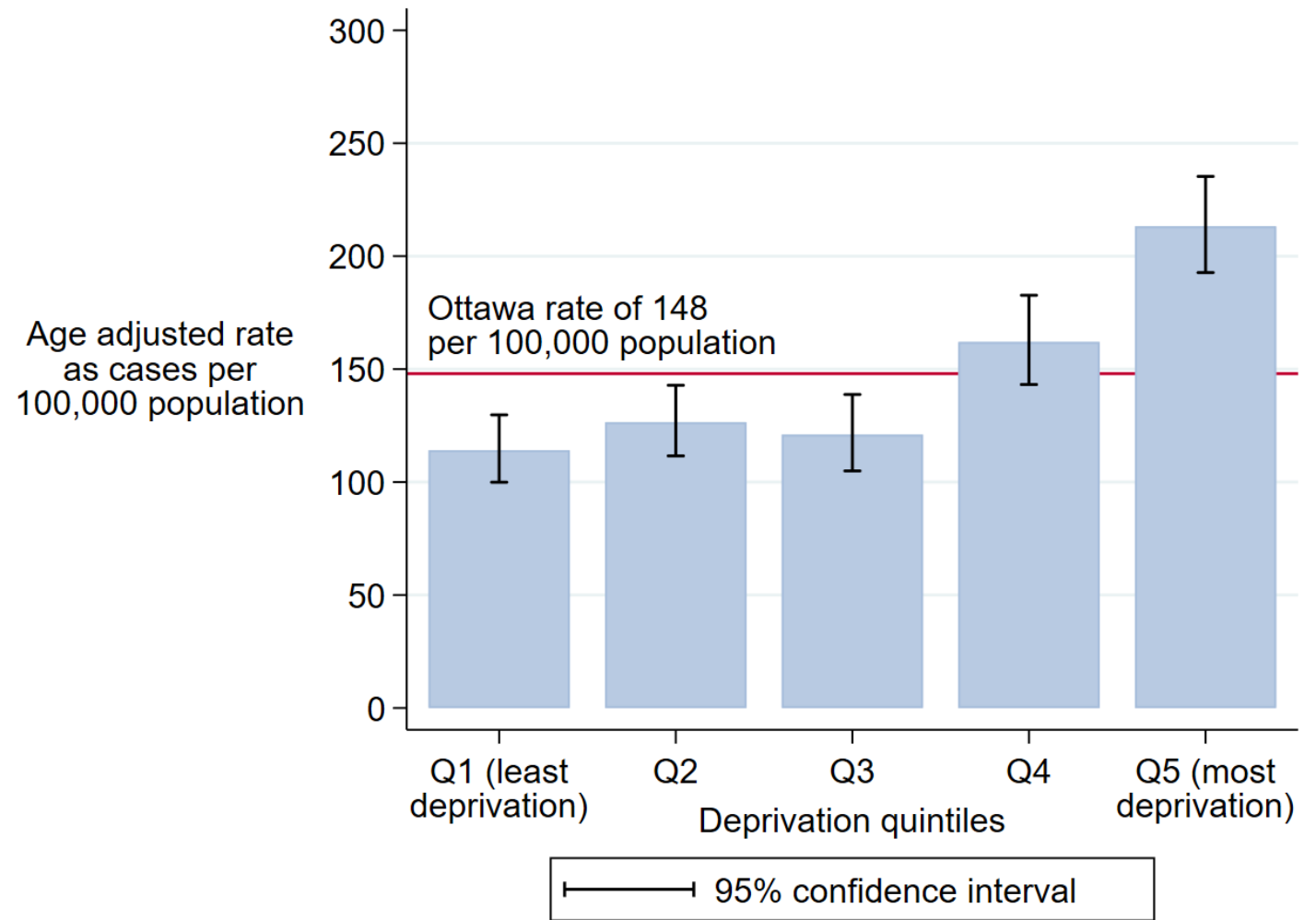
Areas in Ottawa with the highest percent of recent immigrants or racialized minorities have rates of COVID-19 almost twice that of areas with the fewest recent immigrants or racialized minorities.



Source: The COVID-19 Ottawa Database (The COD), ON-Marg 2016.
Data excludes institutional residents or patients

Material Deprivation and COVID-19 Rates

Areas in Ottawa with the most material deprivation have rates of COVID-19 almost twice that of areas with the least material deprivation.



Source: The COVID-19 Ottawa Database (The COD), ON-Marg 2016. Data excludes institutional residents or patients

Early Socio-Demographic Data

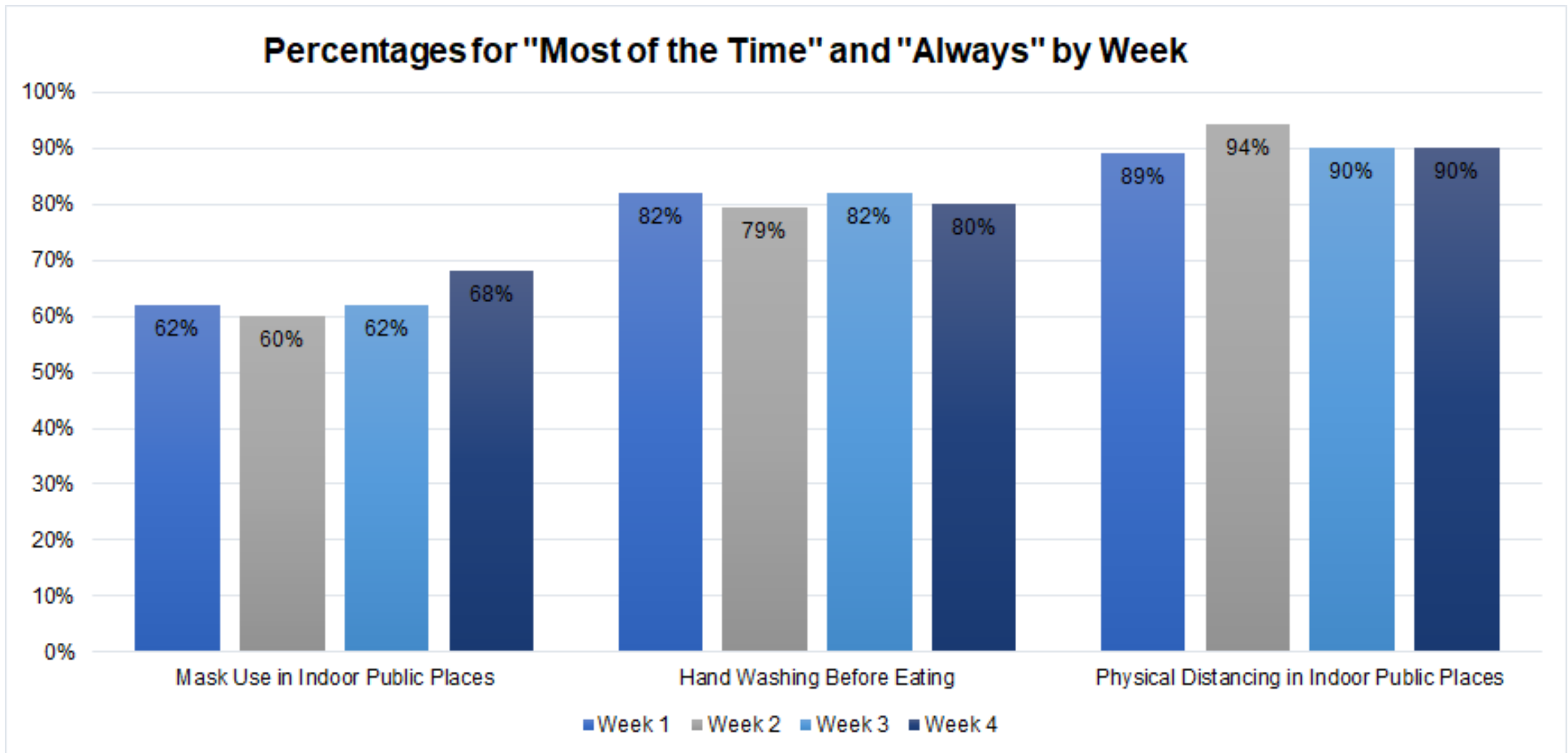
- OPH started collecting socio-demographic data on May 8th with 144 people with COVID-19 providing information so far
 - 66% are from racialized groups
 - 54% are immigrants (not born in Canada)
- Collecting data retrospectively to have a more comprehensive socio-demographic picture



Using Information to Guide Actions

- Highlights pre-existing inequities
- Engage community partners (e.g. OLIP - Ottawa Local Immigration Partnership)
- Board of Health motion to address racism as a public health issue
- Expand and standardize data collection with health and social system partners
- Orient policies and programming to reduce inequities

Prevention is Key - Our Behaviours Matter



Mental Health Requires Support

Key Findings from June Population Survey (n=566)

- There are some concerning findings regarding overall mental health and well-being of Ottawa residents
- Some groups appear to be more affected than others
- Ottawa residents need more information on how and where to access appropriate supports



COVID-19 got you down?



You're not alone. Please reach out for help.

More info:

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

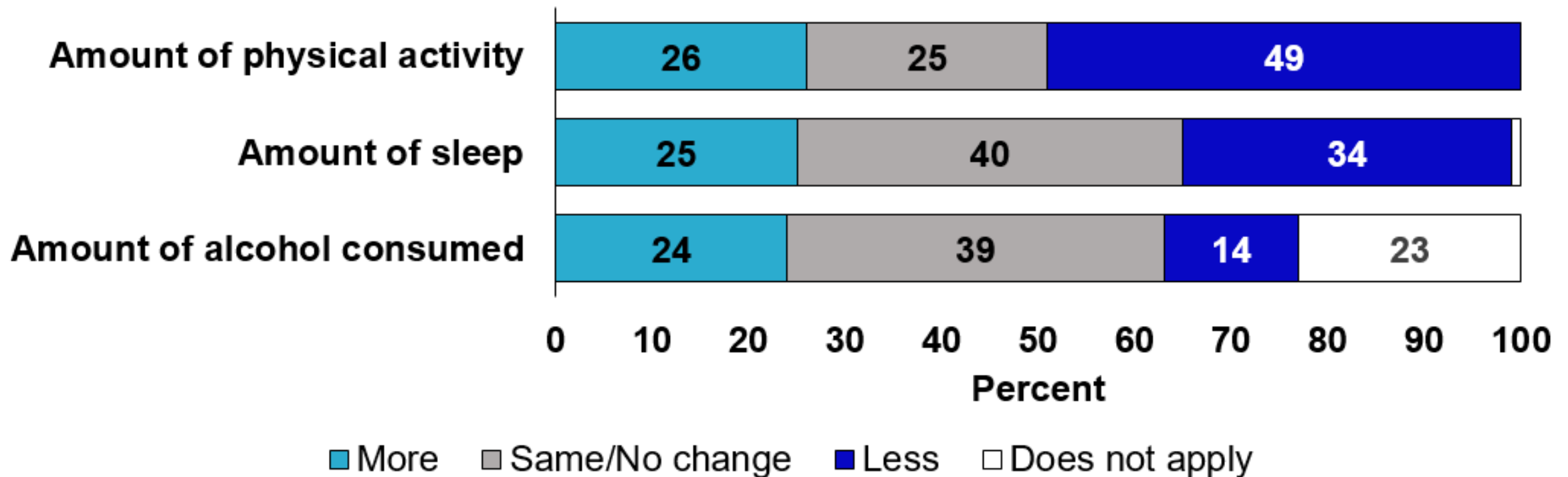


In a CRISIS?

Call the **Mental Health Crisis Line** 24 hours a day / 7 days a week English and French at **613-722-6914**.

Other Impacts on Health of the Population

Compared to before mid-March, have some of your behaviours changed?



Using Information to Guide Actions

- Promoting Mental Health and Wellness
- Increasing Awareness and Coordination
- Targeted Strategies and Outreach
- Reducing Harms from Substance Use



It's in Your Hands

Be COVID Wise

OttawaPublicHealth.ca/COVIDWise



Wear a mask



Isolate yourself when you're sick



Stay two metres (six feet) apart from others



Exercise proper hand hygiene

- Everyone's actions have helped reach goal so far
- As we open, up to public to make informed decisions/assess risk
- Key principles remain
- Stay the course