To access this and past Updates, please visit NHC’s [website](https://www.nepeanhousing.com/community-events), or Ctrl/click on this link [UPDATE FROM NEPEAN HOUSING CORPORATION- (COVID-19)](https://www.nepeanhousing.com/community-events)

PLEASE SHARE THIS INFORMATION WITH NEIGHBOURS

WHO DON’T HAVE AN E-MAIL ADDRESS

Its Monday, as we enter into week 11 of this chapter in our lives. Hope you are all doing well, keeping safe and had a wonderful weekend.

For a lot of people, Monday is the worst day of the week. By the end of the day, most of us just wish that it’s Friday again. Since we are on the topic of Friday… 5 more days and it’s the weekend!

Speaking of the weekend and Monday mornings, Mondays for Nepean Housing staff sometimes means following up on a few complaints we have received over the weekend. So in that vein…

**Sorry to be the party pooper…**

As the property owner/manager, we have to be very aware of and enforce health and safety matters. Many times, that makes us the party pooper – the people who take away your fun. Again, sorry for that, but, because the good weather is starting, we have to remind you of the following:

• No fireworks. “Consumer fireworks” means an outdoor, low hazard, recreational firework and can only be discharged on private property with permission of the property owner. Because minimum safety distances as indicated on the fireworks product must be maintained from spectators, buildings and vehicles, they are not permitted on NHC property.

• No fire pots / pits. It is unsafe to set and maintain open air fires in certain areas of the City. Population density and average lot size criteria were considered in the determination of the areas in which open air fires are permitted. Risk management issues, such as proximity to dense forest of certain types, were also considered. Because of these reasons, NHC cannot permit fire pots / pits.

• No pools. West Nile virus (WNV) is an infection spread by mosquitoes. Mosquitoes need water to breed. Eliminating areas or objects that can accumulate or retain water will help eliminate mosquitoes around the property. Additionally, filling, emptying and then refilling pools uses a great deal of water which costs a great deal of money. As NHC wants to eliminate standing water and also pays for water, we do not permit the use of pools.

An additional reminder: The province has NOT amended the size of groups that can gather. It remains at FIVE, unless your immediate family size is greater than five.

**City of Ottawa- COVID-19 Testing Update**

Any Ottawa resident who feels they need a test, even if they are not showing symptoms, can go for testing at the COVID-19 Assessment Centre or COVID-19 Care Clinics & should not be turned away (unless volumes are significant). Dr. Vera Etches says, “The testing will not tell you if you were infected previously, as the antibody test is not yet available. The test detects COVID19 virus in your body at the time of testing. If you have been exposed and are in the early days of incubating the virus, it might not be detected”. For more information on testing in Ottawa visit Ottawa Public Health [here.](https://www.ottawapublichealth.ca/en/public-health-topics/novel-coronavirus.aspx?utm_source=OPH&utm_medium=Home_Page_Banner&utm_campaign=Coronavirus&utm_content=Home_Page_Banner_OPH)



**Waiting in Lineups Outside**

Running errands in these times is more complex than it was before the pandemic started. By now, most of us have a process to do our grocery shopping, which may include bringing hand sanitizer with you and or wearing a non medical mask or face covering while out and about.

Once you arrive to your destination, there will likely be a line up to get in and social distancing protocols in place. With summer kicking off early this year lineups & physical distancing could mean extra time in the sun or other weather elements.

Consider bringing water & an umbrella to make your own shade when out doing errands this summer. If you can’t stand for prolonged periods you may even want to consider brining your own portable chair, or visiting during less peak hours. Visit the Ottawa Public Health website [here](https://www.ottawapublichealth.ca/en/public-health-topics/extreme-heat-and-humidity.aspx#Beat-the-Heat-this-Summer) for some, “Beat the Heat” tips.

**Mental Health Support in Ontario**

Ontarians can get the mental health support they need during COVID-19. [Bounce](https://twitter.com/search?q=%23BounceBackON&src=hash) Back Ontario is available to support those with mild-to-moderate anxiety or depression, or who may be feeling low, stressed and worried: [bouncebackontario.ca](https://t.co/OuzLLfAY89)

**Connected Canadians - Access to Technology**

Connected Canadians is a non-profit organization founded in Ottawa in January 2018. Connected Canadians matches volunteers with a high comfort level in technology with senior clients who need help with technology challenges. Topics they maybe able to assist with include setting up and using email (including how to send photos), how to video chat (e.g FaceTime / Skype), communicating by text using your phone, Facebook/YouTube basics and much more. For more information please sign up at: [www.connectedcanadians.ca/programs](http://www.connectedcanadians.ca/programs) or call (613) 699-7896 and leave a message with your technology issue and contact details. To learn more about Connected Canadians visit: [www.connectedcanadians.ca](http://www.connectedcanadians.ca)

**Just for Fun**

• NEW - Visit Canada's Cold War Museum, The Diefenbunker, while it may be closed you can explore the bunker from the comfort of your own home - [visit it here](https://diefenbunker.ca/virtualtours/?utm_source=All+Emails&utm_campaign=3db66726f0-EMAIL_CAMPAIGN_2020_04_08_12_39_COPY_05&utm_medium=email&utm_term=0_0c704b98ae-3db66726f0-344052537)

• NEW - Use Google Earth to virtually visit the Grand Canyon - [visit it here](https://earth.google.com/web/@36.10173086,-112.11308476,834.89750692a,9723.10009192d,35y,12.57001216h,60.0036245t,0r/data=Cl0aWxJVCiUweDg3MzMxMmFlNzU5YjRkMTU6MHgxZjM4YTliZWM5OTEyMDI5GbHnIQmxDUJAIYiim1g7B1zAKhpHcmFuZCBDYW55b24gTmF0aW9uYWwgUGFyaxgBIAE?utm_source=All+Emails&utm_campaign=3db66726f0-EMAIL_CAMPAIGN_2020_04_08_12_39_COPY_05&utm_medium=email&utm_term=0_0c704b98ae-3db66726f0-344052537)

