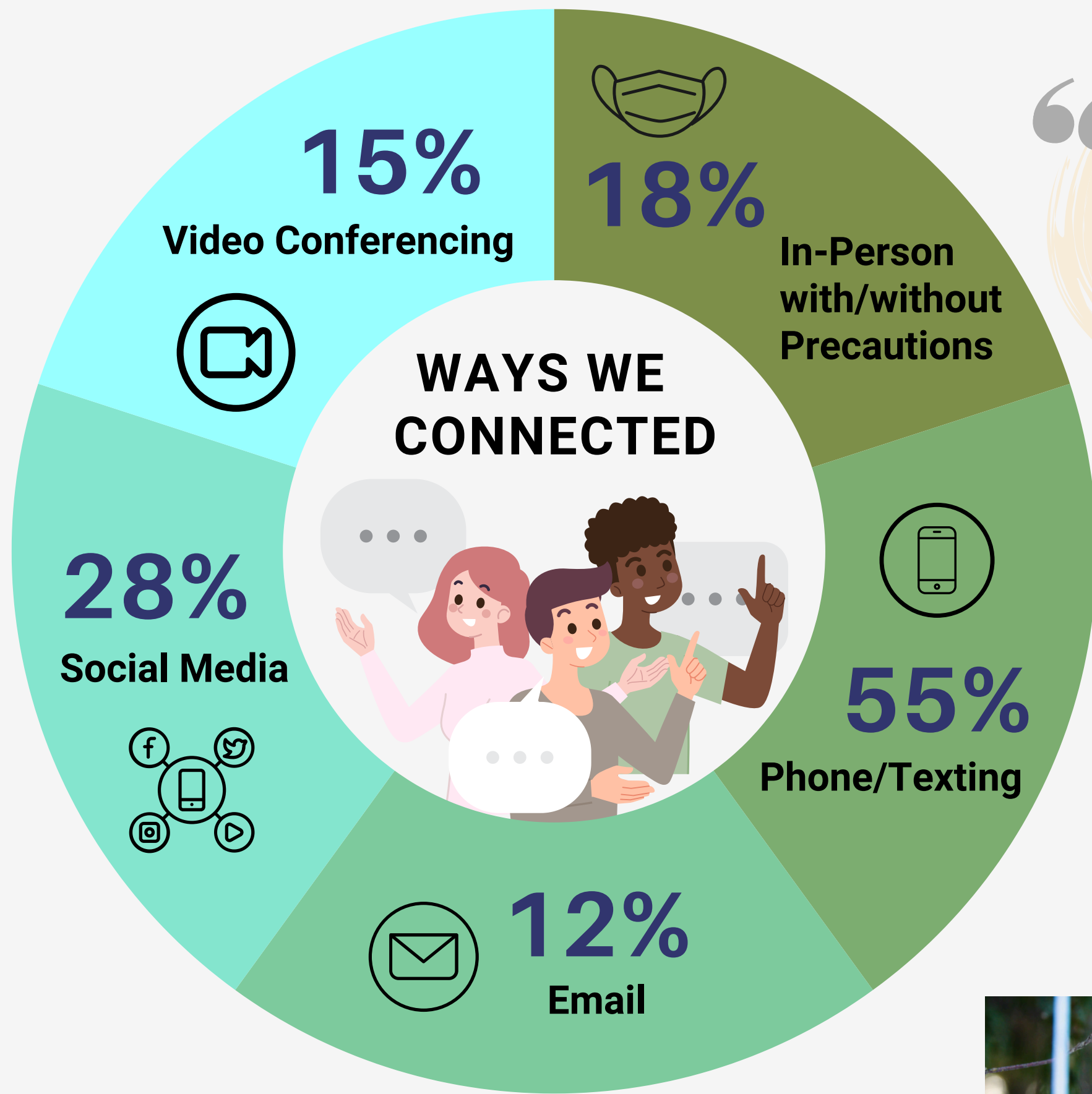


OTTAWA INDIGENOUS COMMUNITY MEMBERS' FIRST YEAR EXPERIENCES DURING COVID-19



Section 6: Social and Family Connection

Results are from the 2021 COVID-19 research survey of 1077 Indigenous community members in Ottawa that described their experience of COVID-19 from March 2020 to June 2021.



“Going for a walk with physical distancing and safety precautions.”



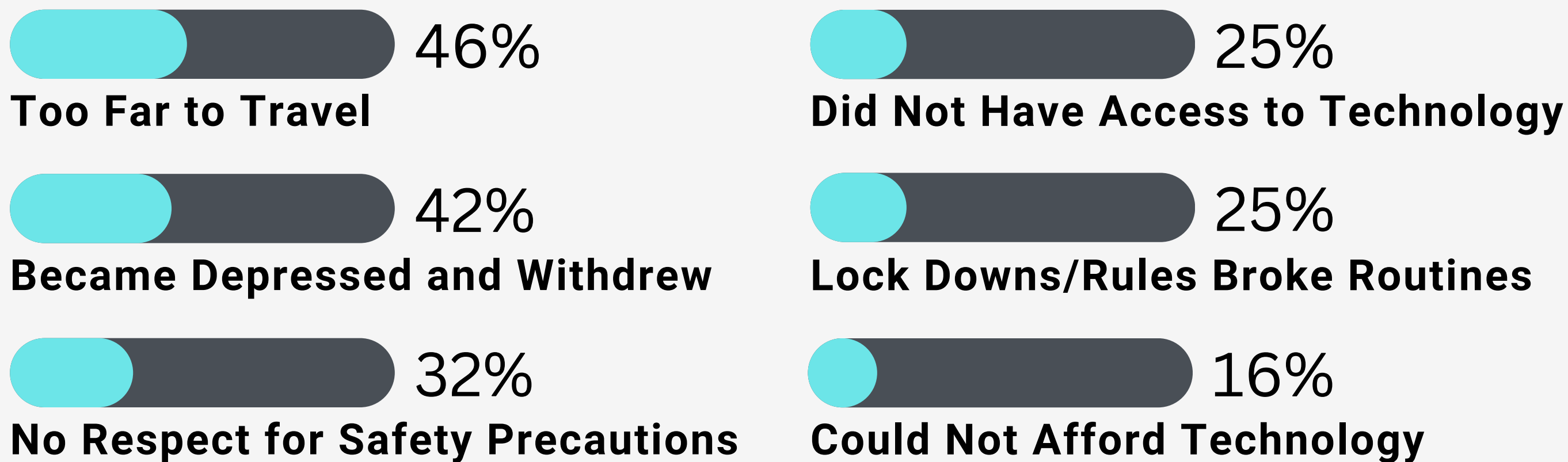
People found these activities helpful when trying to stay connected:

- Video Chatting
- Walking/Exercising
- Sending Gifts
- Video Chat Parties
- Giving to Community
- Participating in Cultural Traditions



SITUATIONS FACED WHEN TRYING TO STAY CONNECTED

When trying to stay connected with friends and family, people found that...

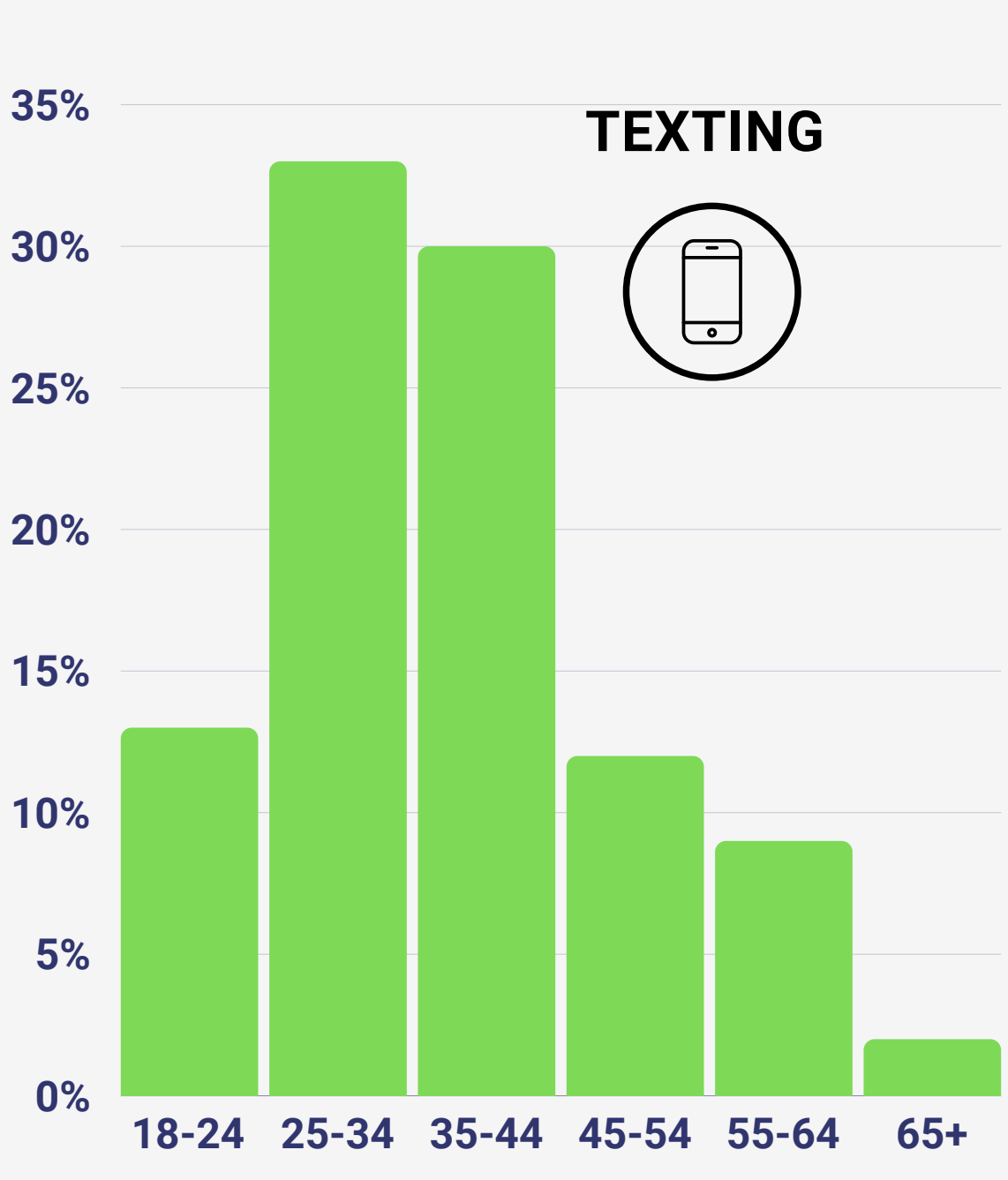


“The social distancing and communication via text, email, etc. took it’s toll on many friends and acquaintances.”

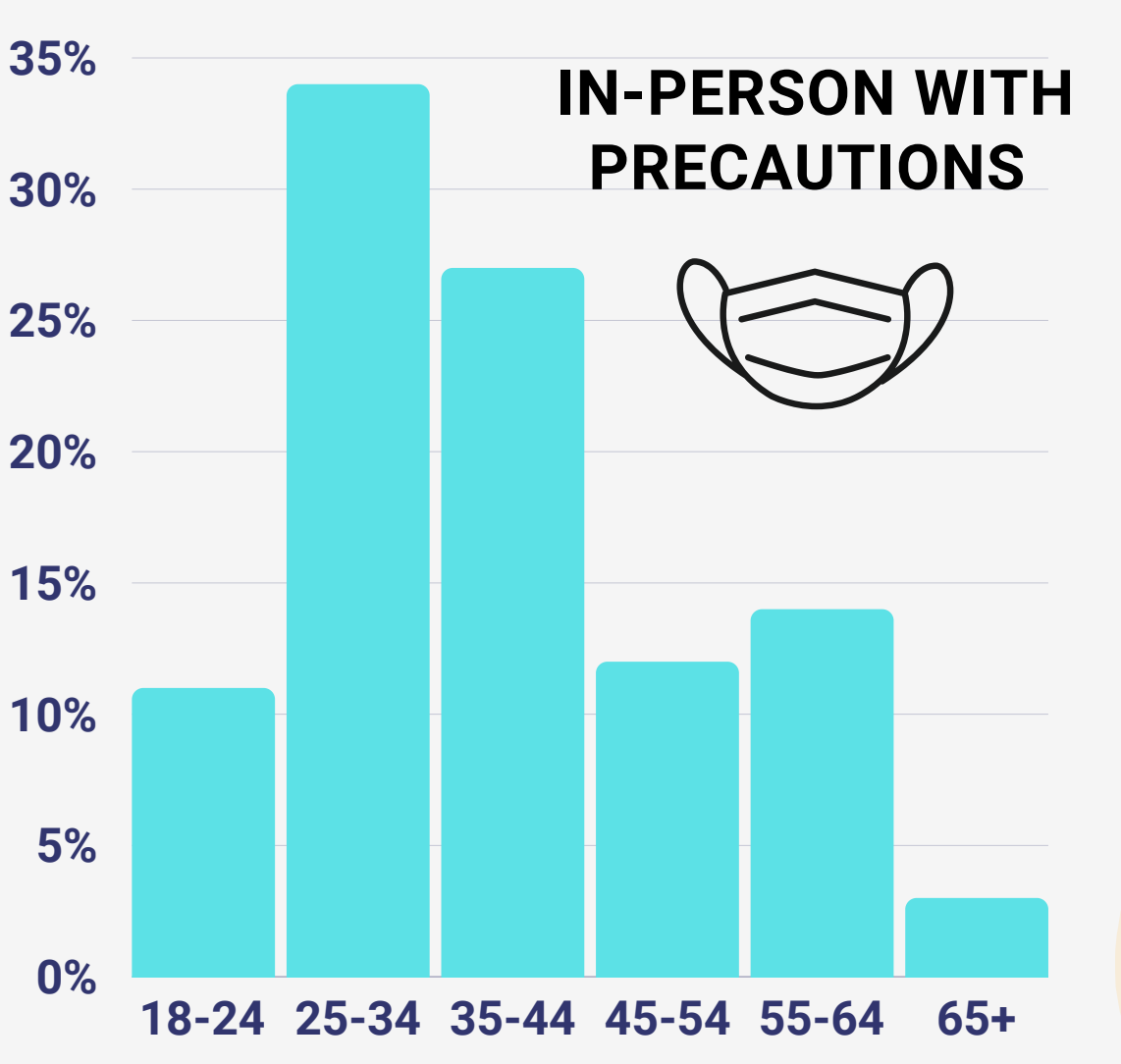
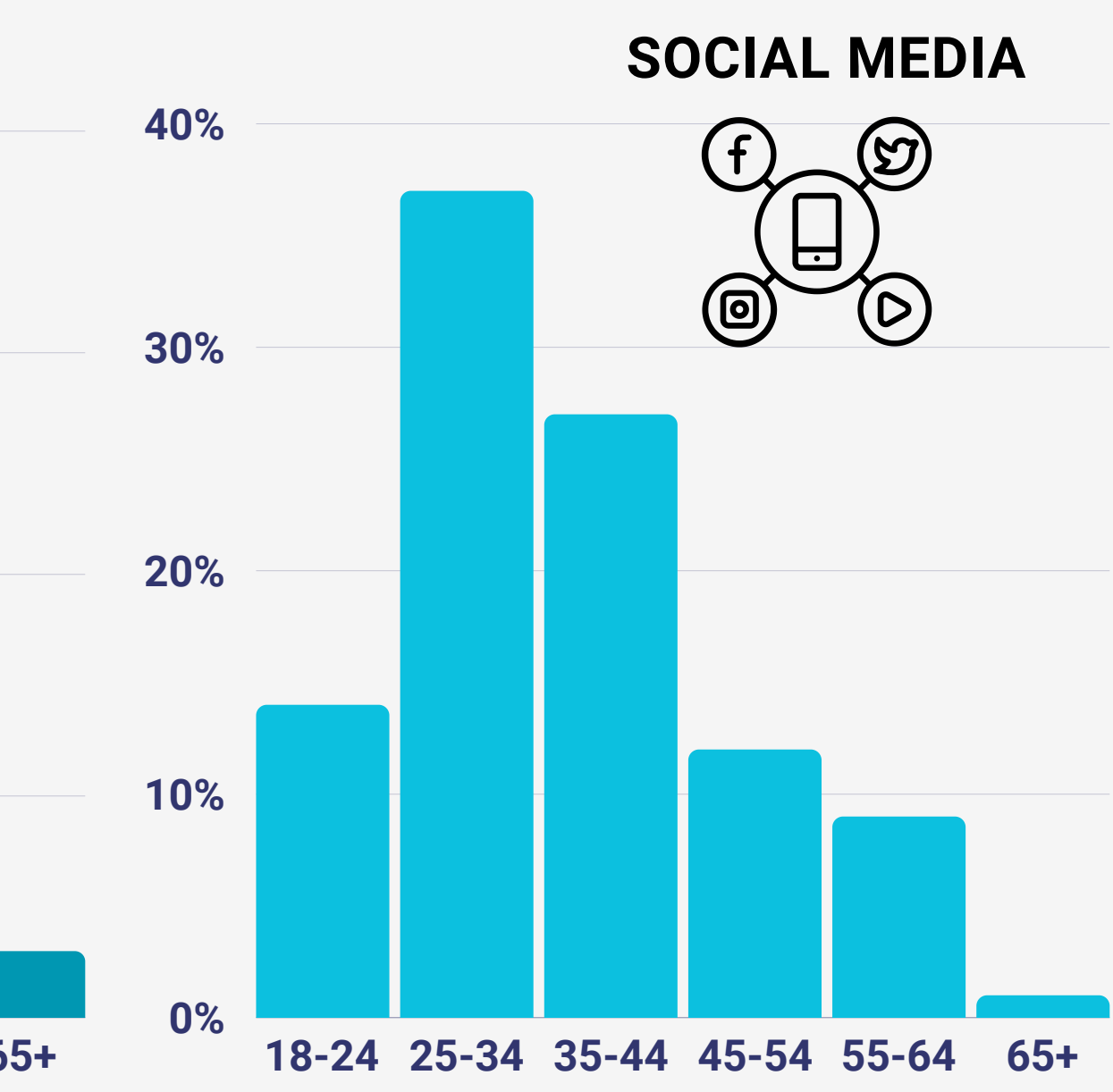
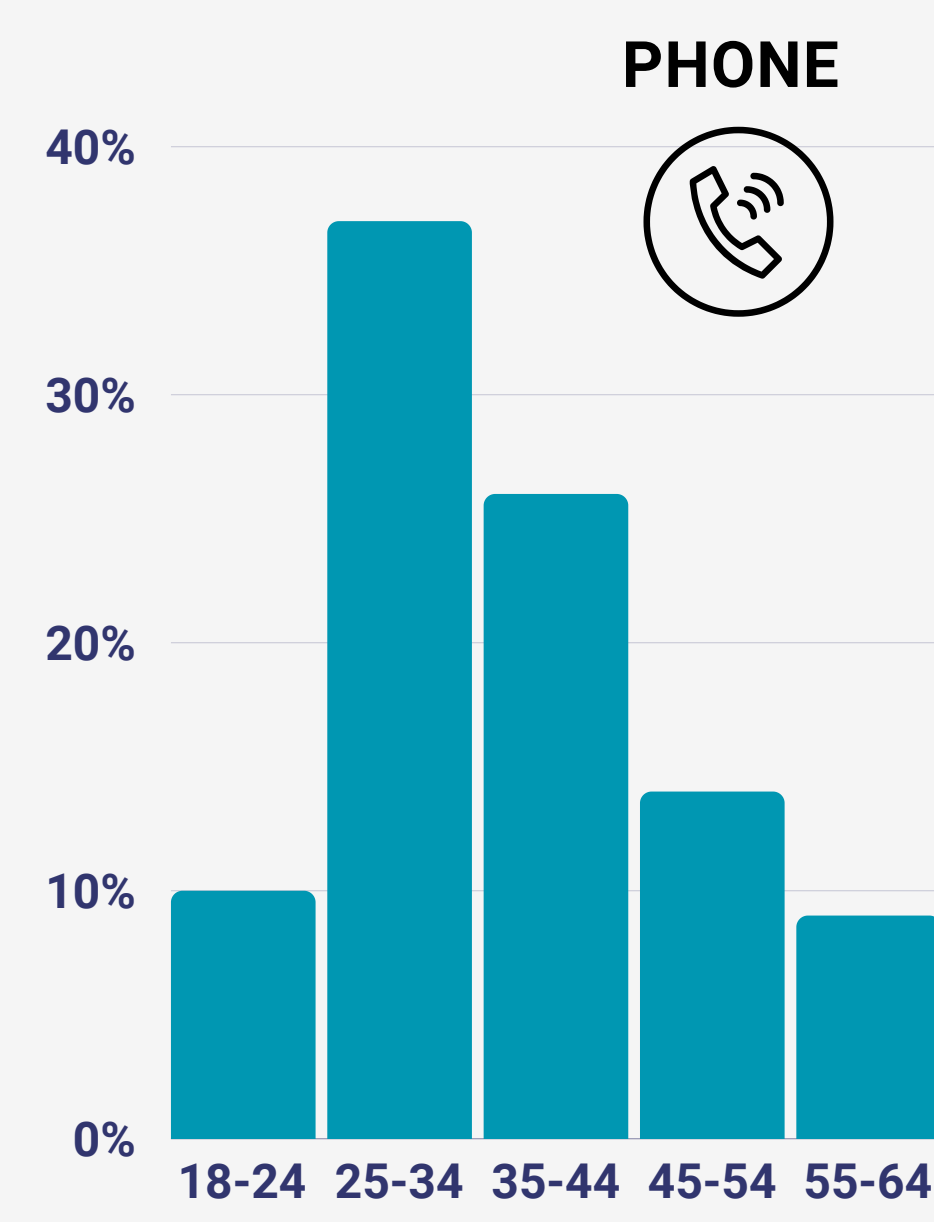
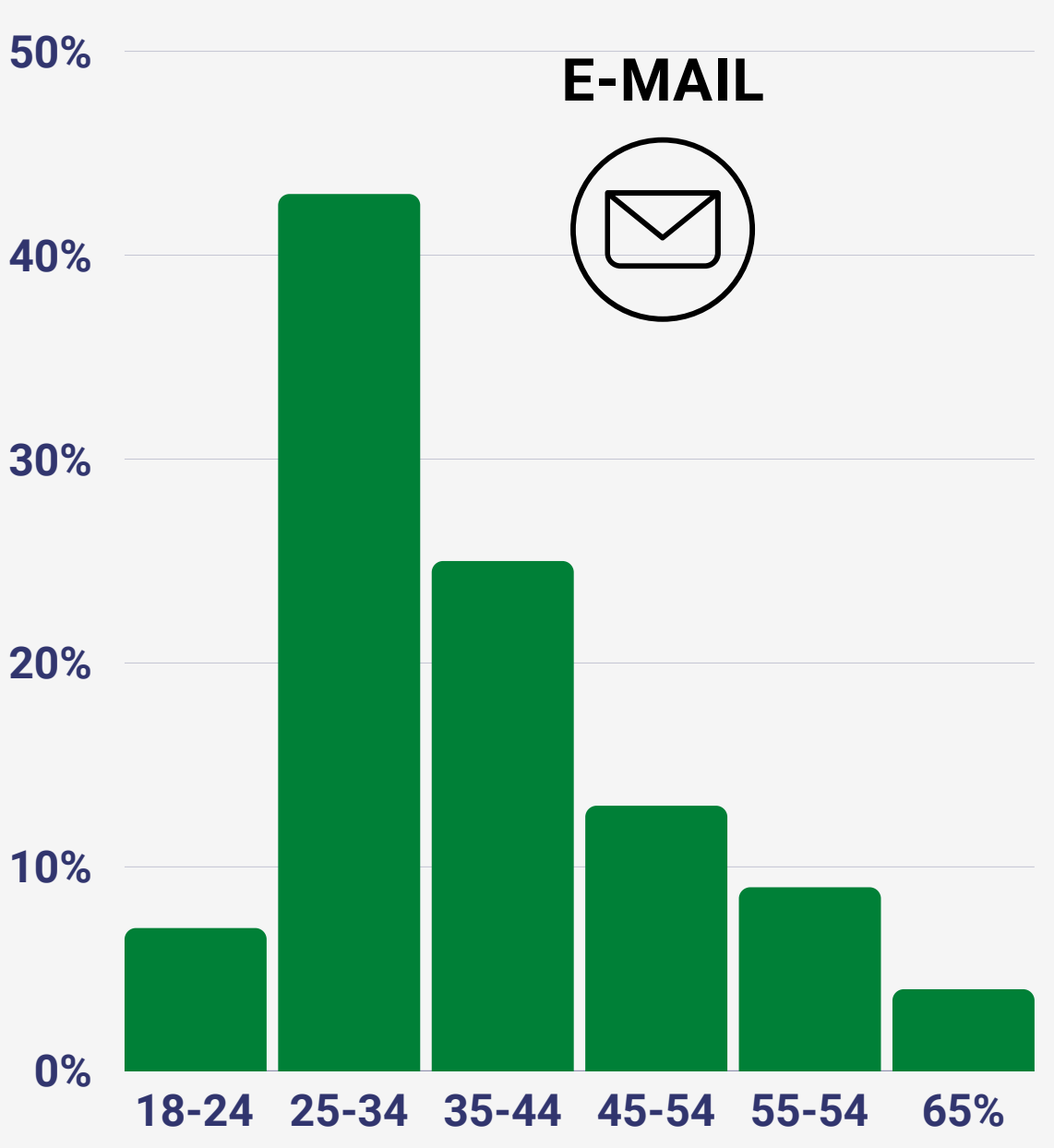
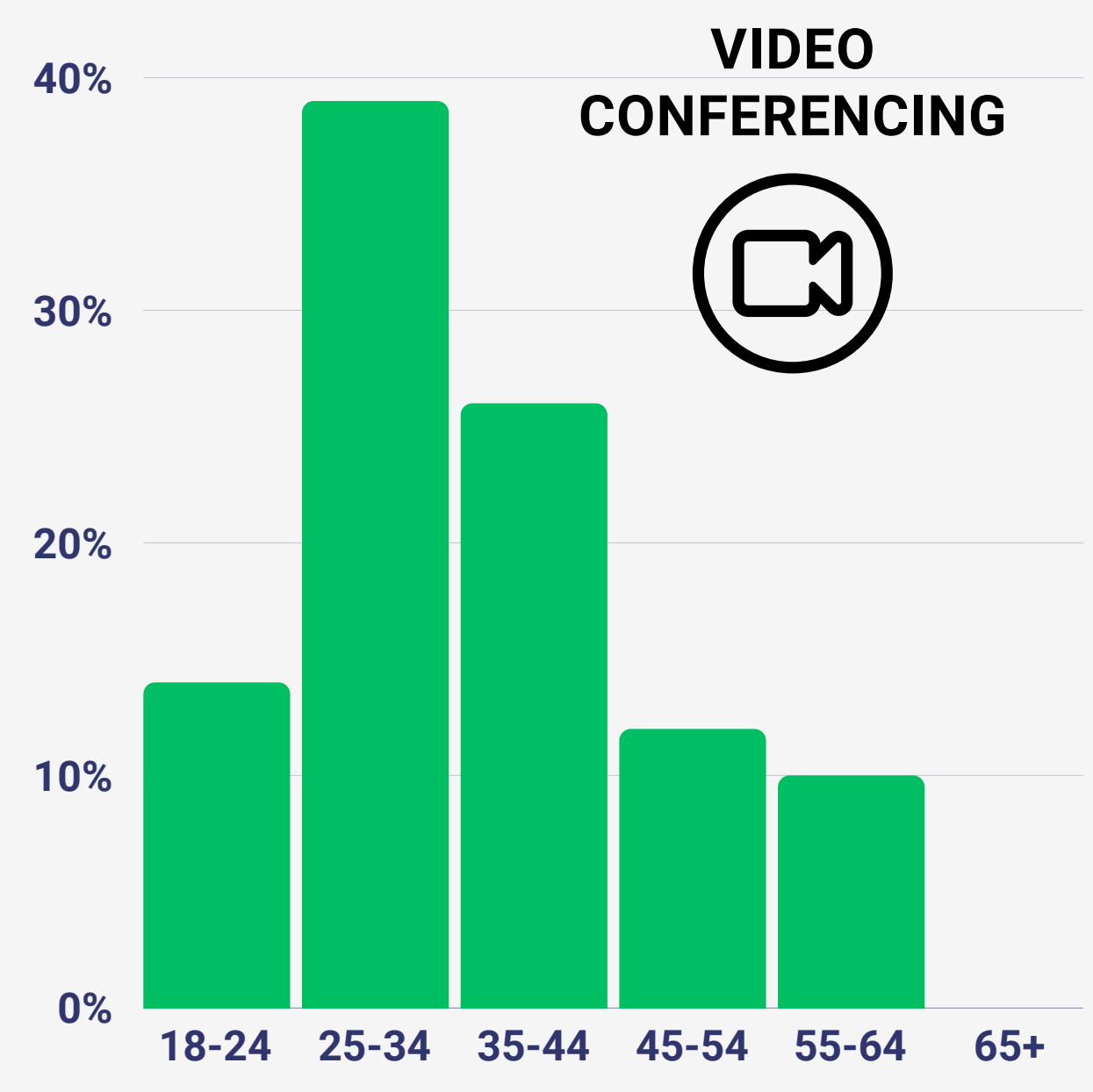




Ways People Stayed Connected Age Breakdown



“ *Allowing the kids to FaceTime each other since some can't read yet.* ”



“ *Host zoom parties where we could come together and try and support one another.* ”

“ *All my friends and family followed proper protocol and increased texting and chatting with distant family members.* ”

