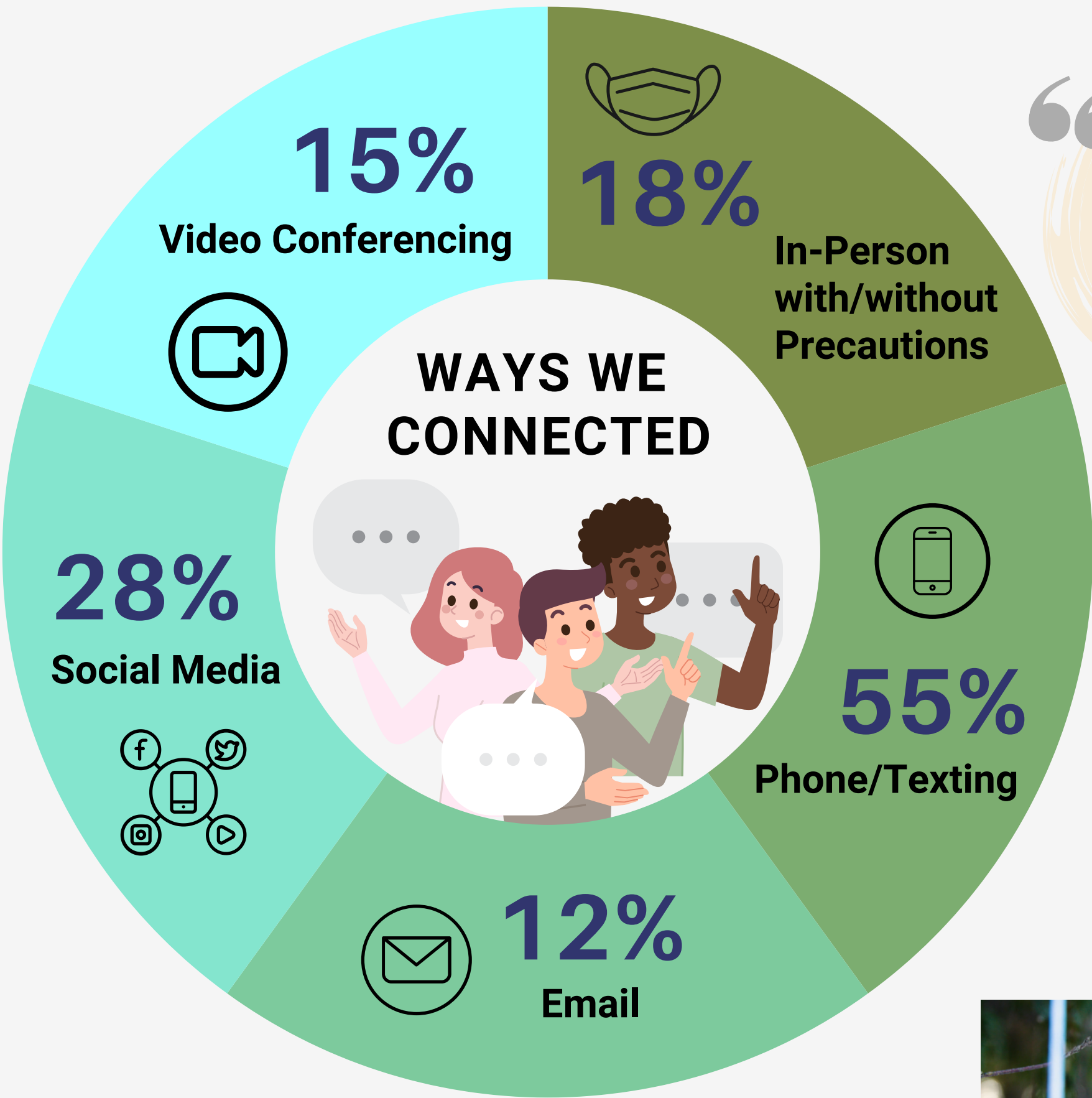


# OTTAWA INDIGENOUS COMMUNITY MEMBERS' FIRST YEAR EXPERIENCES DURING COVID-19



## 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.”



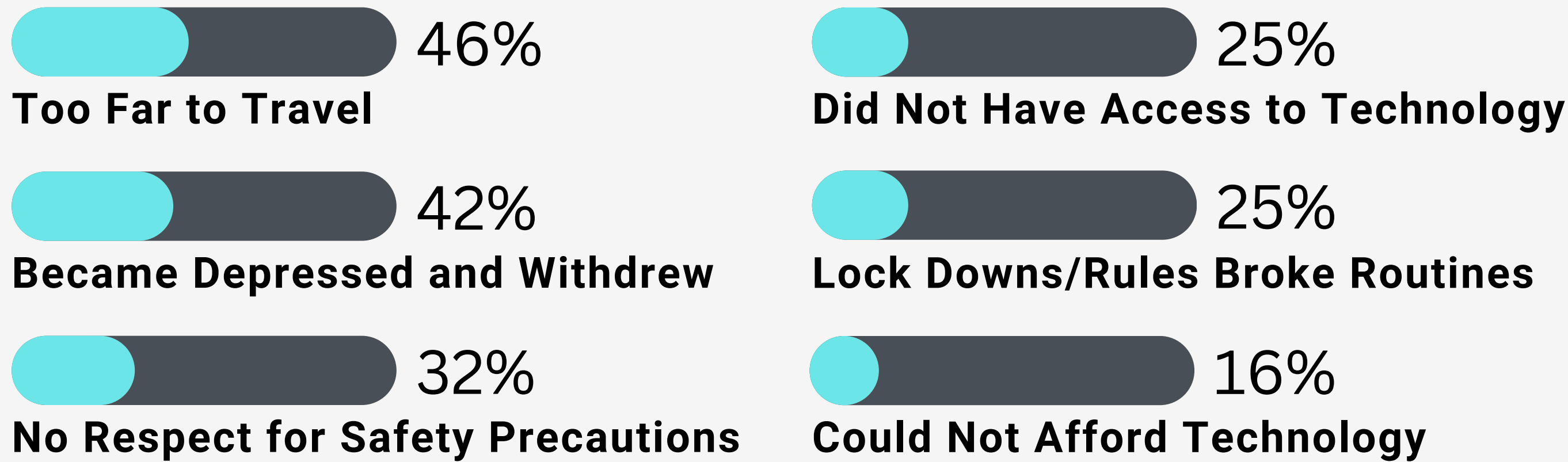
People found these activities helpful when trying to stay connected:

- 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...



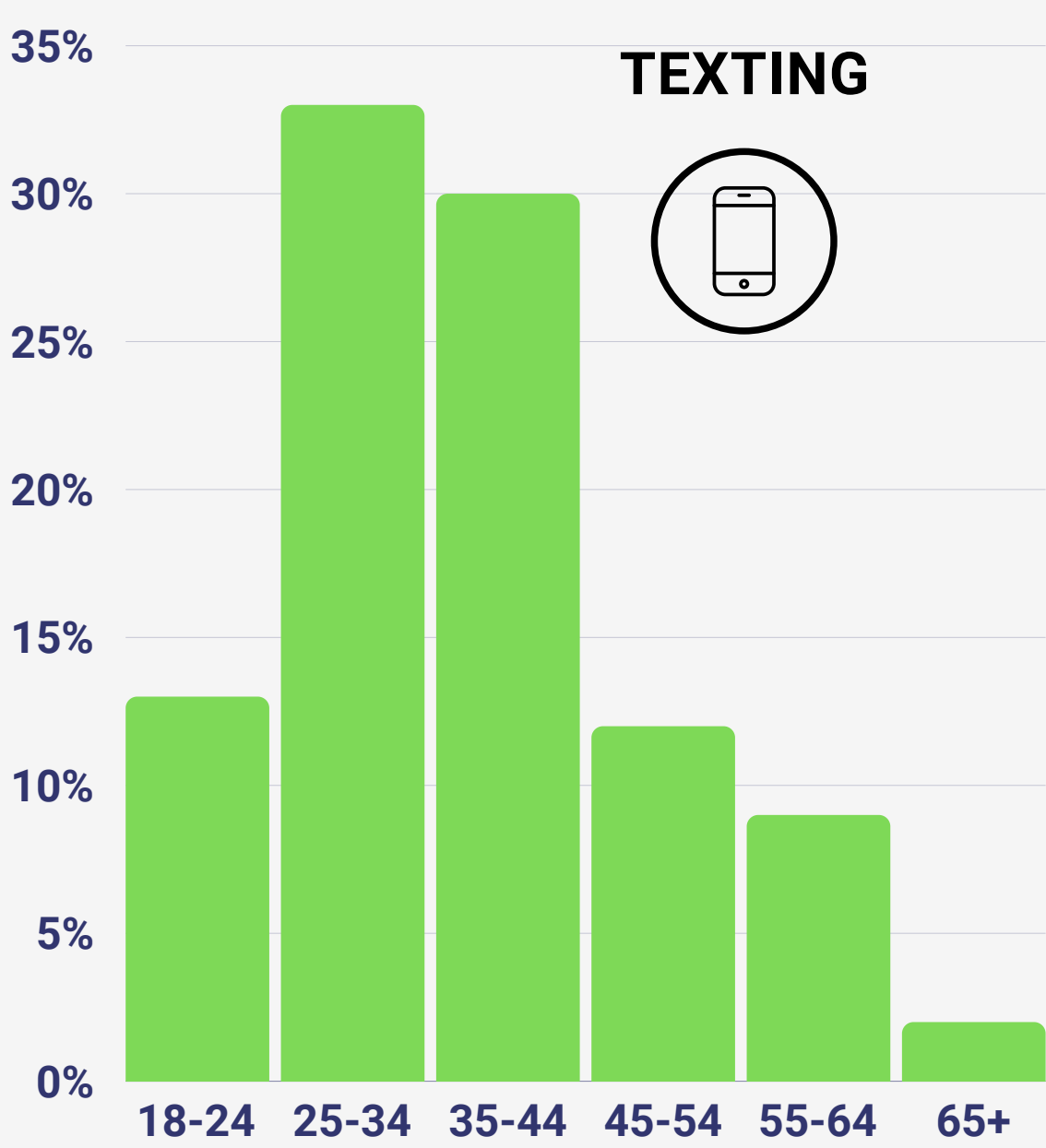
*“The social distancing and communication via text, email, etc. took it’s toll on many friends and acquaintances.”*





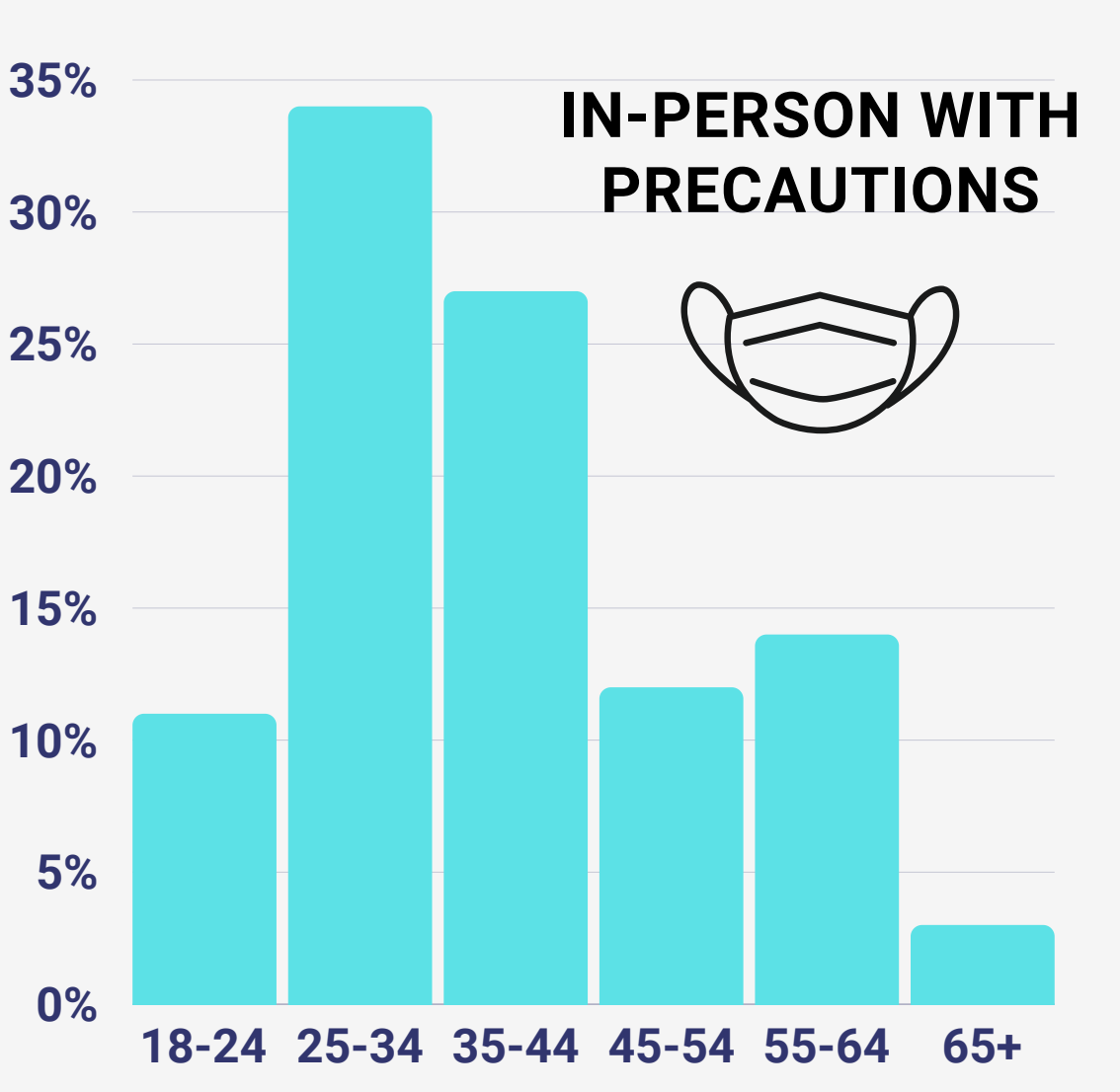
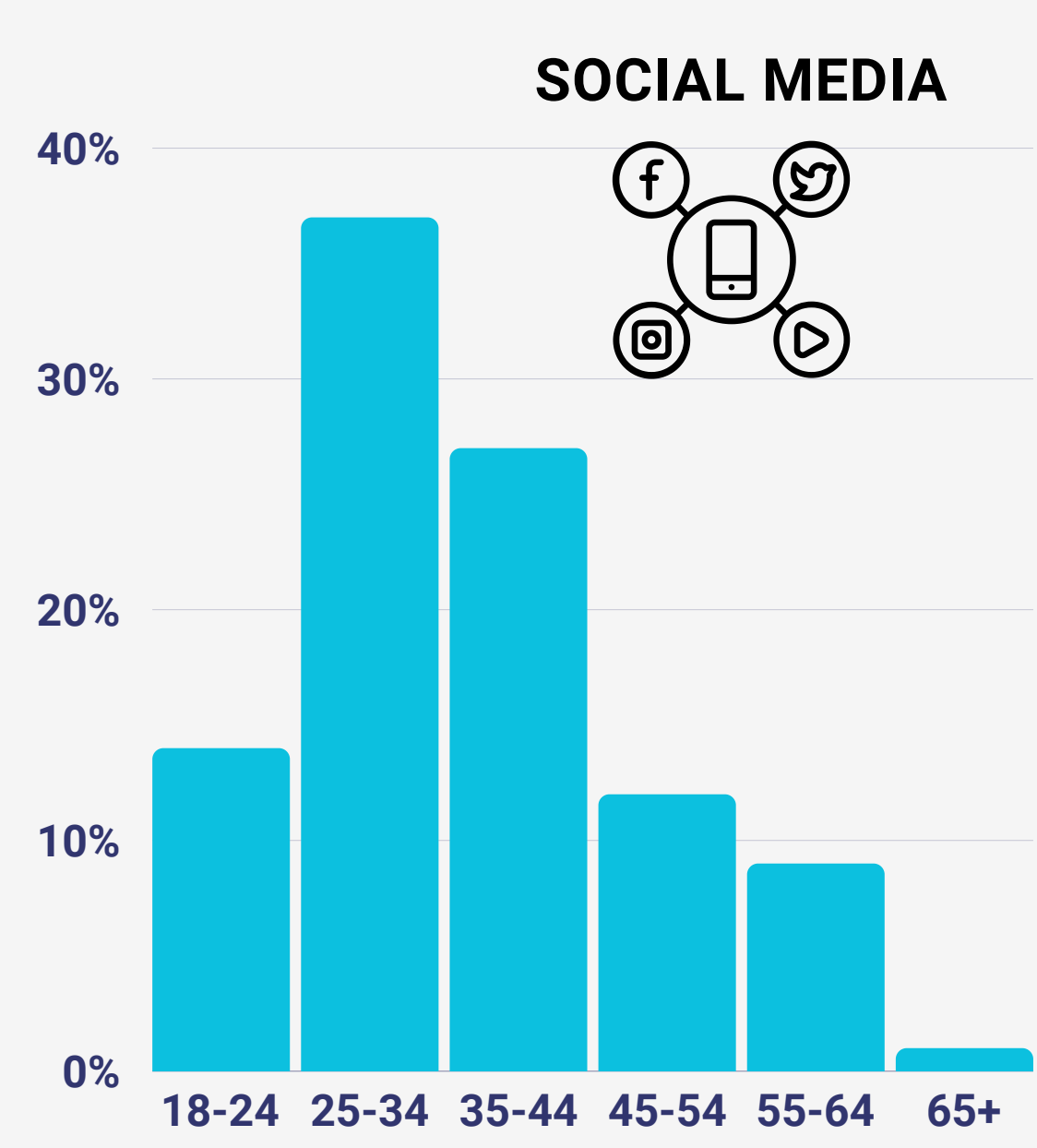
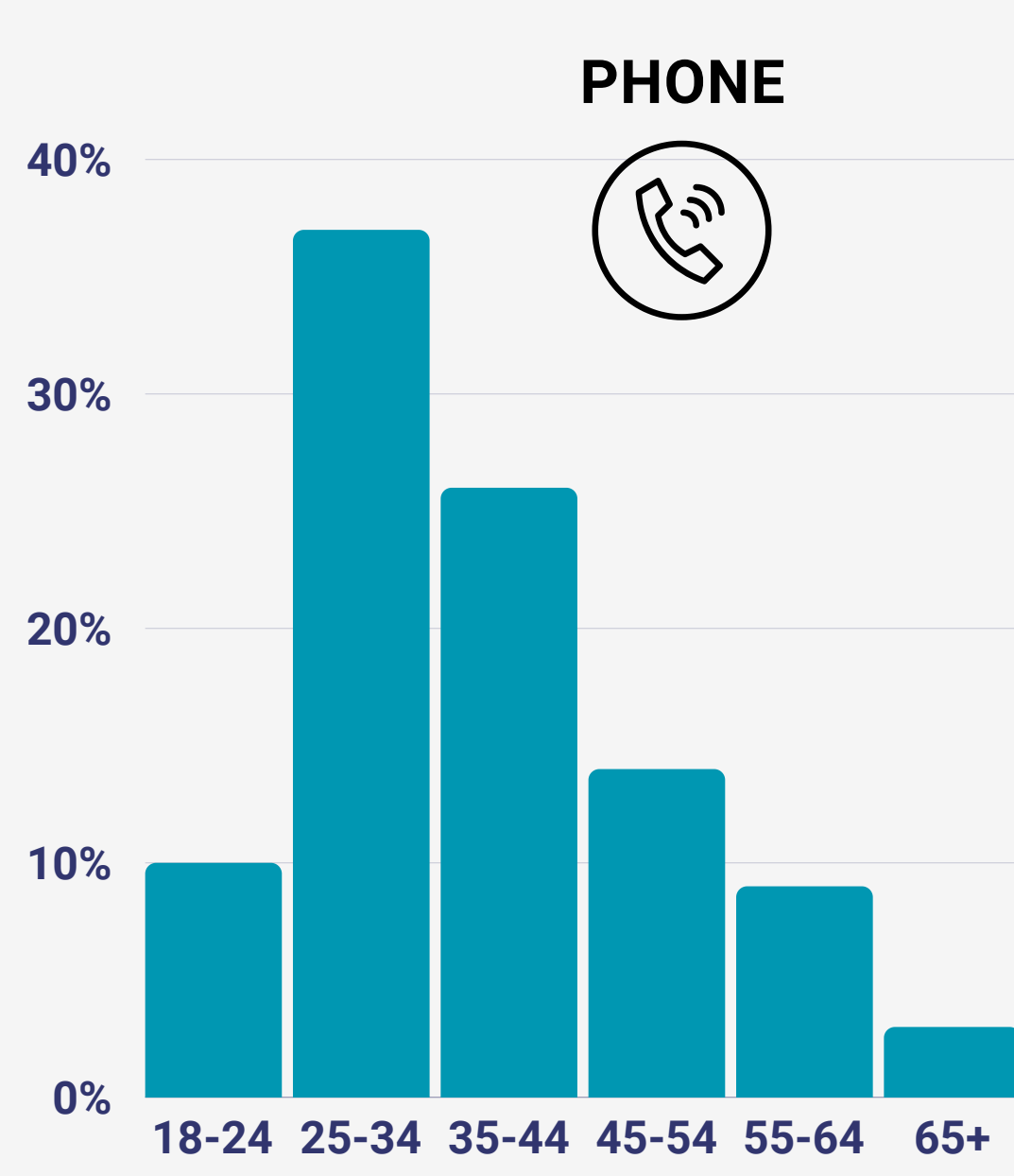
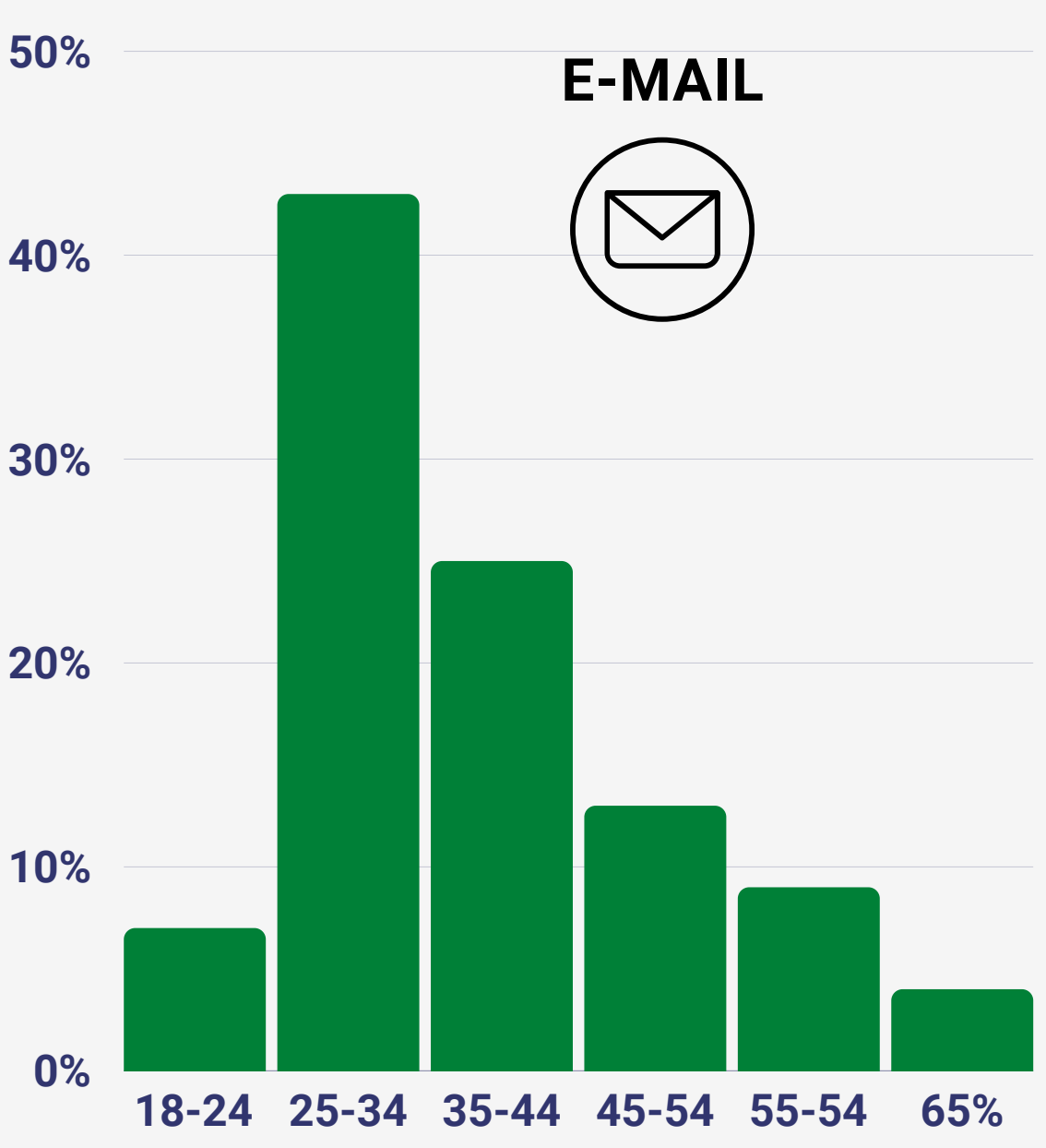
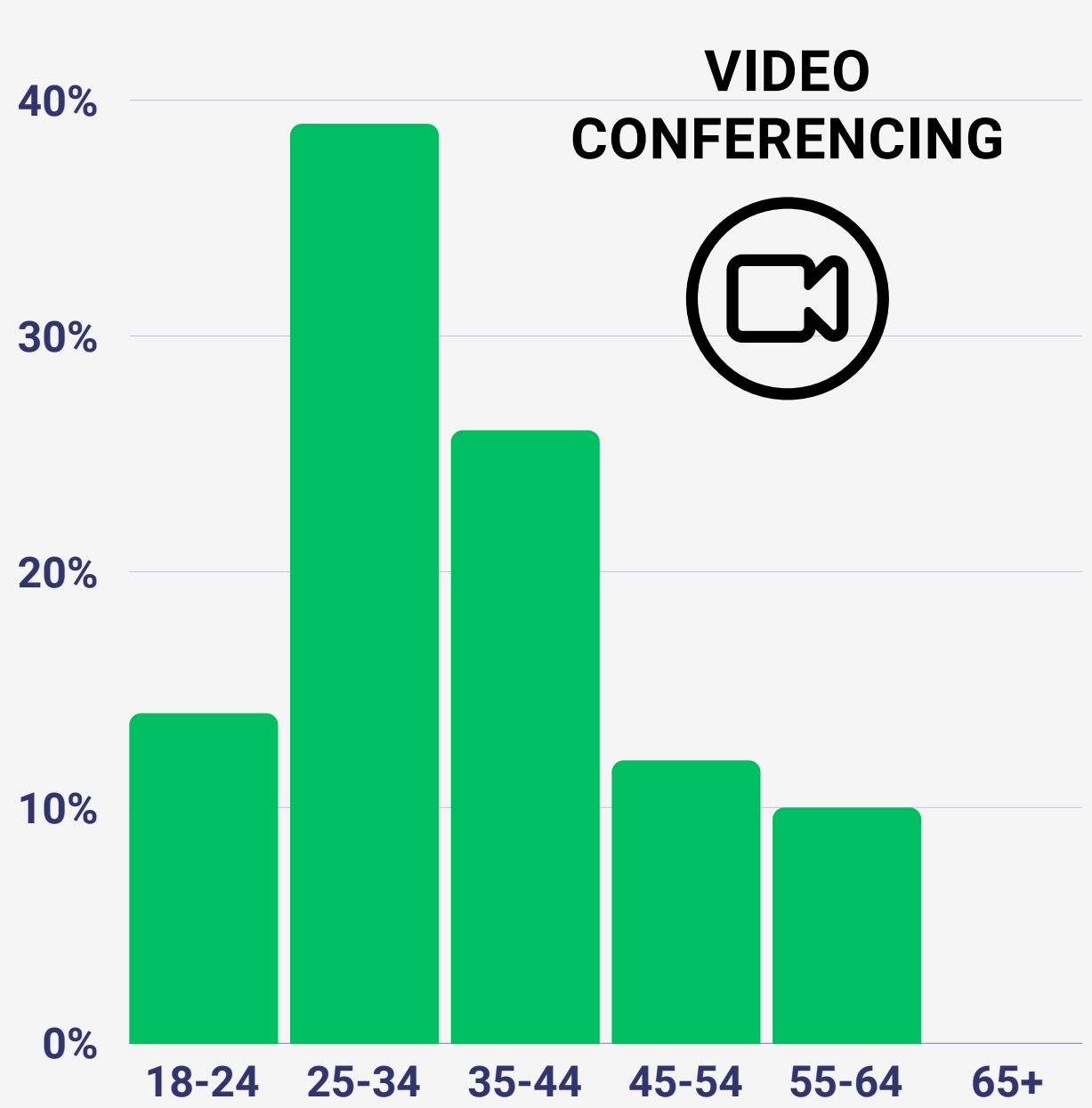


# Ways People Stayed Connected Age Breakdown



“ *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.* ”



Only 5% of adults aged 55–64 visited others in-person without precautions.

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

