

CORONAVIRUS (COVID-19)

INFORMATION FOR THE 70+ POPULATION

What is the COVID-19

COVID-19 is a particularly virulent flu virus that has spread to many regions of the world. Therefore, COVID-19 was declared a pandemic (a world-wide epidemic) by the World Health Organization on March 11th, 2020.

People over the age of 70 are strongly encouraged to stay home

People over the age of 70 are at greater risk than the rest of the population of complications of the disease. So as a precautionary measure, they are strongly encouraged to stay home.

Limit your physical contact with the outside

If you do have to go somewhere out of absolute necessity, try to stay 6 feet (2 meters) from other people you encounter. Wash your hands thoroughly and often, also avoid touching your face. Don't invite people over to your home.

What are the symptoms

Fever, coughing and respiratory distress.

What do I do if I have these symptoms?

Call 1 877 644 4545. It's worth it to stay on the line for advice, even if it takes quite a while. The excellent service is heavily utilised but worth the wait.

I need to get groceries

Most grocery stores will take telephone orders and deliver to your door.

I need to get my medication

Pharmacies can deliver your medication.

I have a doctor's appointment

Check with your doctor's office. They may be only taking urgent consultations or may be able to do consultations by phone or internet.

I need to get my taxes done

Good news! The tax return deadline has been extended to June 1st, 2020.

Can I go for a walk outside?

Yes, but only with people you are living with.

Can I visit with family?

At this time, the government is restricting all travel outside the country and even short distance travel is not recommended. Visiting by phone, or video calls, is safer for everyone.

I live alone and feel very lonely

By calling 211 you can find out how to reach your local volunteer bureau or senior centre.