

COVID-19 GUIDANCE FOR PEOPLE OVER 70

York Region Public Health urges residents over the age of 70 to self-isolate at home.

The risk of severe illness from COVID-19 is greater in older adults, individuals with a weakened immune system and individuals with a medical condition.

STAY HOME

- Avoid family visits – stay connected with loved ones by phone, email or video chats
- Stay social while maintaining your distance – community resources and supports are available in the community by phone. [Call 2-1-1](#) to be connected with local supports
- Ask for help from family, friends or neighbours for essentials such as groceries or medications
 - If help is not available, look for shopping times that are reserved for older adults at your local store
- Exercise indoors
- Open windows – sunlight and fresh air can improve mood

WASH YOUR HANDS AND COUGH INTO A TISSUE

- [Wash your hands often](#) with [soap and water](#)
- Avoid touching your face
- Cover your cough or sneeze with a tissue, then immediately discard the tissue
- If you don't have a tissue, sneeze or cough into your sleeve or arm
- Clean and disinfect surfaces frequently

IF YOU ARE RECEIVING CARE IN YOUR HOME

- Keep a distance of six feet from others as much as possible
- Stay in a separate room when your support person is putting away groceries, preparing meals or cleaning
- Tell your support person not to come if they are sick, and to send someone else
- Tell your support person ahead of time if you are sick, so they can be prepared

IF YOU DEVELOP SYMPTOMS OF COVID-19

- Symptoms include: fever, new or worsening cough, shortness of breath, muscle aches, fatigue, headache, sore throat, runny nose, diarrhea
- Immediately self-isolate in your home
- Call your healthcare provider, York Region Public Health at 1-800-361-5653 or Telehealth Ontario at 1-866-797-0000
- Seek assessment at a COVID-19 Assessment Centre ([Markham-Stouffville Hospital](#), [Mackenzie Health](#) or [Southlake Regional Health Centre](#))

PUBLIC HEALTH

1-800-361-5653
TTY 1-866-512-6228
york.ca/covid19



- Get in touch with everyone you have been in close contact with two days before your symptoms started and when you had symptoms. Ask them to immediately self-isolate for 14 days.
 - Close contacts are people you live with, have had intimate relationships with, people who have cared for you or that you have cared for (for example, with bathing, feeding or dressing) and people that you have visited with, spent time with at work or that have come to your home

There are many community services and supports available to assist older adults during the COVID-19 pandemic. If you need help running essential errands or would like to be connected with local community services and supports please call 2-1-1 or visit the webpage at [211.ca](https://www.211.ca).