

What Older Adults need to know about COVID-19

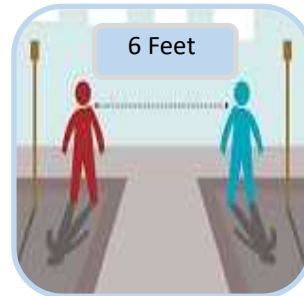
There is an increased risk of more severe outcomes for Canadians who are:

- ◆ aged 65 and over
- ◆ with compromised immune systems
- ◆ with underlying medical conditions such as heart disease, diabetes and lung disease

It is strongly recommended people over 70 stay home (self-isolate)

To Protect Yourself:

- ◆ **Stay home as much as possible**
- ◆ If you have a Doctor's appointment, call first before attending
- ◆ Avoid close contact with people (6 feet, which is about two arm lengths)
- ◆ Avoid crowds, common areas, sick people and travel
- ◆ Wash your hands often with soap and water for 20 seconds
- ◆ Cough into a tissue or your sleeve, avoid touching eyes, nose and mouth
- ◆ If you travelled outside **Northwestern Ontario**, **SELF-ISOLATE FOR 14 DAYS**
- ◆ **Ask for help**



To Help Deal with Stress:

- ◆ Take breaks from watching, reading, or listening to news stories
- ◆ Try to get some fresh air and sunlight daily by opening curtains and/or windows
- ◆ Connect with others over the phone or by social media
- ◆ Talk with people you trust about your concerns and how you are feeling

If you have symptoms of COVID-19 (fever over 38°C/ 100.4°F or new cough) self-isolate and call: Thunder Bay District Health Unit at 625-5900 or Telehealth at 1-866-797-0000 (TTY: 1-866-797-0007).

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Food Programs for Seniors:

Check with your local pharmacy and grocery store for special senior hours or delivery.

If you have a favourite restaurant call to see if they offer senior discounts, take-out and/or delivery.

Things are constantly changing. These are some free/low cost meal or food hamper options for seniors in need. **Call 211 to find out more.**

Meals on Wheels: 625-3667

- ◆ Monday-Friday 8:30 am-4:30 pm
- ◆ Each meal is \$7.25 (no tax or delivery charge)
- ◆ Must be home to receive delivery between 10:30 am-12:30 pm

Roots to Harvest: 285-0189

- ◆ Seniors - Living on low Income
- ◆ Subsidized Senior housing
- ◆ Contact your tenant worker

St. Andrew's Dew Drop Inn: 345-0481

- ◆ 294 Red River Rd
- ◆ Handing out bag lunches between 2-3:30 pm

Refreshing Waters Community Church Food Cupboard: 344-3391

- ◆ 361 Hodder Ave, Unit C
- ◆ Tuesdays 8 am - Food cupboard

RFDA (Regional Food Distribution Association)

- ◆ Call 211 for more information



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