



# Fact Sheet COVID-19

Grey Bruce Health Unit, 101 17<sup>th</sup> Street East, Owen Sound, N4K 0A5  
COVID-19 Helpline 1-800-263-3456 press 3000  
[www.publichealthgreybruce.on.ca](http://www.publichealthgreybruce.on.ca)

## Older Adults and People with Compromised Immune Systems

On March 16th, Ontario's Chief Medical Officer of Health advised all persons over 70 years of age and individuals who are immunocompromised to self-isolate for a period of 14 days.

Self-isolating means that you should only leave your home or see other people for essential reasons. Where possible, you should seek services over the phone or internet or ask for help from friends, family or neighbours with essential errands.

### Tips for Older Adults and People with Compromised Immune Systems

- Stay home, do not go to work or other public places.
- Arrange to have groceries and supplies dropped off at your door to minimize contact.
  - Some grocers offer delivery or express pick up for purchases made online or by phone where staff bring your groceries out to your vehicle. Consider choosing this option instead of going into the store.
  - Some pharmacies offer delivery options. Call your pharmacy to find out what services are available.
- Use phone, video calls, email or text to keep in touch with friends, family and neighbours.
- While at home, try to have a daily routine and maintain a healthy lifestyle – including regular meals, sleep and exercise.
- Limit the number of visitors in your home. Only have visitors who you must see and keep visits short. Keep a distance of at least two metres from others.
- Wash your hands often with soap and water or alcohol-based hand sanitizer
- Sneeze and cough into your sleeve
- Avoid touching your eyes, nose or mouth

### What phone or internet resources are available?

- Call 211 for help finding information and services in the community. 211 is a free service offered 24/7. Interpreters and TTY services are available.
- Contact Telehealth Ontario at 1-866-797-0000 or your local public health unit if you're experiencing symptoms of the 2019 novel coronavirus. The Grey Bruce Health Unit's COVID-19 Helpline can be reached at 1-800-263-3456 press 3000. Please do not visit an assessment centre unless you have symptoms. Assessment centres are for individuals with symptoms of COVID-19 who are having difficulty managing at home. Do not call 911 unless it is an emergency.
- If you have access to the internet, get updated information by visiting [www.ontario.ca/coronavirus](http://www.ontario.ca/coronavirus), [www.canada.ca/coronavirus](http://www.canada.ca/coronavirus) and [www.publichealthgreybruce.on.ca](http://www.publichealthgreybruce.on.ca)



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### Tips for caregivers and households

- Share clear facts about what is going on and how to reduce the risk of infection.
- Plan for the need to make alternative arrangements in case usual care is not available or caregivers become sick.
- People living with dementia may need reminders or support to remember important hygienic practices. Consider placing reminders in the bathroom or elsewhere.
- Wash your hands often.
- Avoid sharing household items and wash items with soap and water after use.
- Clean your home with regular household cleaners.
- Clean regularly touched items such as toilets, sink tap handles, doorknobs and bedside tables on a daily basis.

### What can others in the community do to help?

- Check in on elderly family members, people with disabilities and neighbours in your community with a phone or video call.
- If you are able, help with errands such as picking up groceries for those who should remain at home and self-isolate.
- Wash your hands often with soap and water or alcohol-based hand sanitizer.
- Sneeze and cough into your sleeve
- Avoid touching your eyes, nose or mouth.
- Stay home when sick.
- Practice social distancing by limiting the number of people you come in contact with.