

Older Adults – Protecting yourself from COVID-19

For older adults that do not live in a Long-Term Care Home

NOTE: This resource was created locally to accompany a provincial factsheet by Public Health Ontario entitled: [How to Protect Yourself from COVID-19: Older Adults and People with Chronic Medical Conditions or Weakened Immune Systems](#)¹. This resource provides additional information that is not contained in the Public Health Ontario factsheet, as well as local information intended to support residents in our region.

Stay home and practice physical distancing

- Ontario’s Ministry of Health strongly recommends that adults aged 70 years and older **stay at home (“self isolate”)**.
- For more information on protecting yourself if you live in a multi-unit dwelling that has shared living spaces, visit www.peterboroughpublichealth.ca/covid19 and click the QUICK LINK: “[Information for Landlords/Tenants](#)”.
- Local grocers and pharmacies are offering options such as curbside pickup or delivery. Some are taking orders over the phone or by email, and others require an online order. More information can be found here: www.peterborough.ca/en/city-services/grocery-pharmacy-resources-during-covid-19.aspx or call City of Peterborough Social Services at 705-748-8830.
- To limit your exposure, consider having a neighbour or family member pick up your grocery or other essential needs and have them drop this off at your doorstep.
- Community Care Peterborough may be able to help with delivery. Contact your local office or the main Peterborough office at 705-742-7067.
- Only essential visitors are permitted to enter long-term care facilities and retirement homes. Essential visitors are visiting a resident who is very ill, requiring end-of-life care, or those providing essential support care service. They are “screened” before entering. This means they are asked if they are experiencing symptoms, have travelled or been in contact with a positive case of COVID-19, and their temperature may be taken. Those who fail screening cannot enter.
- Home and Community Care providers also implement measures where staff conduct self-monitoring practices and clients are screened so that appropriate precautions are taken.
- Physical distancing in the home: If you live with family in a multi-generational setting, family members should maintain physical distancing (more than 2 metres or 6 feet) if they spend time in public settings and may be exposed to the virus. Caregivers should try to limit their daily interactions with people outside the home.



Stay Active

- Avoid group gatherings. Be aware that group gatherings may be reported to the non-emergency police phone line.
 - *At time of publishing, the province has prohibited gatherings of more than 5 people, with strict exceptions. This number is expected to change in the coming weeks.*

Connect socially and ask for help

- Consider reaching out to Community Care, Activity Haven, your local library, or other community groups for information on the services they provide, including virtual/online group activities.
- Age-Friendly Peterborough has compiled a list of these opportunities and other local resources – Visit www.peterborough.ca/aging

Wash your hands and clean frequently touched surfaces

- Wash your hands after handling nose and throat secretions (e.g., after throwing out used facial tissues).
- The best way to protect your hands is to make sure you are following good hand washing practices. Wearing gloves is not necessary.
- When in public settings, wearing a non-medical mask can protect those around you. Non-medical masks have not been proven to protect the wearer, but can be an additional precaution taken to protect others.
 - Masks should not be shared.
 - Avoid touching and readjusting the mask as it can become contaminated.
- A mask is **NOT** a substitution for hand washing, physical distancing or self-isolation.
- Avoid touching your face. When you need to touch your face, make sure you have washed or sanitized your hands first.
- Try to clean and disinfect frequently touched items on a daily basis. Cleaning can be done with regular household cleaners.
- Do not share things like dishes, drinking glasses, eating utensils, towels, or bedding with others.
 - These items should be washed with soap or detergent in warm water after use. No special soap is needed. Dishwashers and washing machines can be used.
- Do not share cigarettes.



For more information:

- Finding Available Services:
 - If any individual requires specific services, they can contact Ontario 211 for more information by phone at 2-1-1 or online at www.211ontario.ca.
 - Your family doctor or nurse practitioner may be able to connect you with local services.
 - The Age-Friendly Peterborough Coordinator, Jayne Culbert may be able to connect you with a service or program. She can be reached at jculbert@peterborough.ca or 705-931-4403. Visit www.peterborough.ca/aging for more information.
- Stay up-to-date with Peterborough Public Health:
 - Novel Coronavirus (COVID-19) webpage: www.peterboroughpublichealth.ca/covid19
 - The QUICK LINKS menu will connect you with webpages that provide more information on things like Mental Health, Meeting Basic Needs and Seniors
 - Facebook page: www.facebook.com/ptbohealth
 - Call: 705-743-1000

ⁱ www.publichealthontario.ca/-/media/documents/ncov/factsheet/2020/05/factsheet-covid-19-immunocompromised.pdf?la=en