

This document is an unofficial translation by the *Table de Développement social du Pontiac* (TDSP) of a message from the Outaouais Public Health.

April 22, 2020

INFO COVID-19

MESSAGE TO SENIORS IN THE OUTAOUAIS

The Public Health Department of the *Centre intégré de santé et de services sociaux de l'Outaouais* (CISSSO) wishes to accompany you during this pandemic period. Faced with COVID-19, the entire population is called upon to apply preventive measures to protect themselves and save lives.

FOR YOUR HEALTH AND THAT OF OTHERS: MAKE SURE YOU RESPECT THESE PREVENTION MEASURES



Hand hygiene: Wash hands regularly with warm water and soap for at least 20 seconds or use alcohol-based hand sanitizer (minimum 60% alcohol).

Avoid putting hands on your face before washing.



Respiratory etiquette: cough or sneeze into the crook of the elbow or into a tissue and dispose of the tissue in a trash can, then wash your hands.



Physical restraint: Stay home, go outside only if necessary and keep 2 metres apart. Do not congregate indoors or outdoors. Avoid physical contact (e.g. no handshakes or hugs, no sharing of objects).

Anyone returning from a trip must be isolated for 14 days.

Maintain your environment: clean frequently touched surfaces (door handles, counters) and open windows occasionally for ventilation.

Although most people recover from COVID-19, if you are **over 70 years of age**, or if you have a **chronic illness**, you are at increased risk of complications and death. For this reason, we ask that you do not leave your home and do not receive visitors, except in exceptional circumstances:

- Go outside for a walk, keeping a distance of at least 2 meters (6 ½ feet) between you and others.
- Go to an essential medical appointment. Call your doctor before you go, many situations can be resolved over the phone
- Receive people who provide you with essential care (e.g., home support) or for emergency work (e.g., water damage).

To obtain your food or medication, we suggest you use home delivery.

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WE UNDERSTAND THAT IT IS DIFFICULT FOR YOU TO HAVE NO CONTACT WITH YOUR LOVED ONES.

It is normal for you to feel many emotions such as sadness, boredom, sorrow or discouragement. Help **keep you and your loved ones connected** by using the phone or computer.

You may feel that you no longer feel safe without your loved ones around.

**If you need emotional support:
contact Info-social 811, option 2**

**If you are or believe you are being abused or mistreated:
contact the *Ligne d'aide abus aînés* (SENIORS ABUSE HELP LINE) 1 888-489-2287**

For any emergency please do not hesitate to call 911.

It is by applying the recommended prevention measures that we can all work together to deal with the VIDOC-19 pandemic. We would like to thank you for your important contribution.

cisss-outaouais.gouv.qc.ca/covid-19

If you have symptoms related to COVID-19 (fever, cough, difficulty breathing, sudden loss of sense of smell), **it is forbidden to move around.**

Stay in your unit and call 811 or 1-877-644-4545 and follow the instructions.

* If hard of hearing, call 1-800-361-9596 (TTY)

If you have severe symptoms (severe difficulty breathing, chest pain), **dial 911.**

Cough into your elbow. Throw away your tissues. Wash your hands. Keep your distance. Stay at home

