






Over 65?

How to decrease the chance of contracting COVID-19:

- don't travel
- stay away from large crowds
- wash your hands often
- avoid touching your face

AND

 Medications	<ul style="list-style-type: none">• Ask a healthy family member to get them• Order from a pharmacy that delivers• Go to the pharmacy at off-peak hours
 Medical Appointments	<ul style="list-style-type: none">• Ask for a virtual visit instead of going in person• Don't go if you have symptoms of COVID-19• If you go, keep a distance of at least two metres
 Groceries	<ul style="list-style-type: none">• Ask someone else to get them• Order from a store that delivers• If you go, keep a distance of at least two metres
 Babysitting	<ul style="list-style-type: none">• Though difficult, this is not a great idea. <i>This is because infected children are more likely to appear well but can still spread the disease</i>
 Staying in Touch	<ul style="list-style-type: none">• Social distancing does not mean social isolation• Consider staying in touch by using the phone, Skype, FaceTime and social media