Stay Safe: Guidance for People Who Are Over 70

Toronto Public Health strongly encourages residents over the age of 70 to limit interaction with others, and to stay home as much as possible. The risk of severe illness from COVID-19 is greater in older adults, individuals with a weak immune system, and individuals with a medical condition.

Practise physical distancing:
- Avoid family visits - stay connected with loved ones by phone, email or video.
- Exercise indoors.
- Limit trips outdoors for essentials, such as groceries or medicines, to once a week or ask others to help.
- Keep a distance of six feet from others at all times including in elevators and other common areas in buildings.
- Open windows – sunlight can improve mood.

Practise good hand hygiene and cough etiquette:
- Wash your hands often with soap and water.
- Avoid touching your face.
- Cover your cough or sneeze with a tissue, then immediately discard the tissue.
- If you don't have a tissue, sneeze or cough into your sleeve or arm.
- Clean and disinfect surfaces frequently.

For residents receiving care from others:
- Keep a distance of six feet from others as much as possible.
- Stay in a separate room when your support person is putting away groceries, preparing meals, cleaning, etc.
- Tell your support person not to come if they are sick, and to send someone else.
- Let your support person know ahead of time if you are sick, so they can be prepared.
- Open windows for good airflow.

For residents returning from travel:
If you have recently returned from travel anywhere outside of Canada, including the United States, you must self-isolate for 14 days. Ask others for help with groceries and other tasks while you are self-isolating.

For more information:
Visit our website at toronto.ca/COVID19 or call us at 416-338-7600.