

Stay Safe: Guidance for People Who Are Over 70

Toronto Public Health strongly encourages residents over the age of 70 to self-isolate, 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:

- Exercise indoors.
- Stay connected with loved ones by phone, email or video. Avoid family visits.
- Ask others to pick up groceries or medicine for you. Or limit trips outdoors for essentials to once a week.
- When using elevators or common areas in buildings, keep six feet distance from others.
- Open curtains during the day. 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. Do not go shopping or walk the dog. 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.