

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](https://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**

