

COVID-19 Information for Seniors

Reduce your risk of COVID-19:

- Limit non-essential trips out of your home
- Keep two metres (six feet) distance from others
- Wear a mask or face covering in indoor public spaces and when you can't keep physical distance
- Clean your hands often. Use soap and water or an alcohol-based (70-90 per cent) hand sanitizer
- Avoid touching your face with unwashed hands
- Cover your cough or sneeze with your elbow or a tissue. Immediately throw the tissue in the garbage and wash your hands.
- Clean and disinfect frequently touched objects and surfaces
- Avoid close contact with people who are sick
- Stay home if you are feeling unwell

For the most up-to-date health guidance, and questions about COVID-19, call the Toronto Public Health hotline at **416-338-7600** (8:30 a.m. to 8 p.m.). You can also visit the City of Toronto website for more information at toronto.ca/COVID-19.

If you develop COVID-19 symptoms, call your healthcare provider, or Telehealth Ontario **1-866-797-0000**.

COVID-19 SYMPTOMS



Fever



Cough



Difficulty breathing



Sore throat, trouble swallowing



Runny nose



Loss of taste or smell



Not feeling well



Nausea, vomiting, diarrhea

If you are having trouble breathing, call 911. Older adults may also have these symptoms:

- Disorientation, confusion
- Sleeping more than usual
- Muscle aches, headaches
- Dizziness, weakness or falls
- Chills

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Help for seniors:

- Food, meals, and delivery of essentials
- Someone to talk to or to check on you
- Mental health support
- Transportation to medical appointments
- Support dealing with elder abuse
- Many more programs and services for seniors

YOU CAN CALL:

211 (Available 24/7)

Toronto Seniors Helpline 416-217-2077 (9 a.m. – 8 p.m.)

Both numbers provide service in many languages.

There are also many Indigenous-focused COVID-19 support services for seniors. Call Toronto Aboriginal Support Services Council (TASSC) at **647-748-6100 x103** or email support@tassc.ca

You may also be eligible for financial help with:

- Rent and energy arrears
- Medical expenses
- Help with funeral expenses
- Income support

If you are currently receiving Ontario Works or Ontario Disability payments, contact your caseworker. If you are not receiving social assistance but need financial help, contact the City of Toronto at **416-338-8888**.

Call the City of Toronto by dialing 311 (available 24/7, in many languages) **if you have questions about:**

- Libraries, Community Recreation Centres, Parks
- Help finding and keeping your housing