

CORONAVIRUS COVID-19

HELP
PREVENT
the SPREAD

Elders Living in Your Home?

Keeping members of your household as safe and healthy as possible.



Elders have a higher risk of dying from COVID-19 than younger people. If an Elder lives with you:



Avoid hosting friends and relatives in your home.

Avoid entering the Elder's bedroom unless it is essential for personal care.

Try to give the Elder their own bathroom. If this is not possible, make sure all bathroom surfaces are wiped down with disinfectant after each use.

Avoid sharing towels; everybody should have their own. Wash and replace daily.

Follow the steps for proper handwashing.



Keeping Elders comfortable and providing care:



Visit with the Elder from a safe distance of at least 2 metres (2 arms lengths).

If the weather is nice, the Elder can have their window open for sunlight and fresh air.

Prepare nutritious meals for the Elder and serve them separately, away from other members of the home.

Any person preparing food should wash their hands and sanitize kitchen surfaces often.

Conduct doctor's appointments over the phone, if possible.

Storytelling, drumming and singing can be helpful. Offer to pray or sing with the Elder.

Play the Elder's favourite music, cook or bake comfort foods and try to make the home as calm and relaxing as possible.



Information: www.ahs.ca/covid



For Help Call: 811



Alberta Health
Services

