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