

# GOING OUTSIDE OF THE HOME: COVID-19 CONSIDERATIONS

**Help Prevent COVID-19 with Social Distancing**



**Call/Facetime/online chat with friends and family.**

**Stay home as much as you can.**

**If you must go out:**

- Don't gather in groups
- Stay 6 feet away from others
- Don't shake hands or hug

**And please continue to wash your hands frequently.**

source: Massachusetts Department of Public Health

Dina Boone, Public Education Coordinator  
Alzheimer Society London and Middlesex

# RESOURCES REFERENCED DURING PRESENTATION

- <https://www.sjhc.london.on.ca/infectioncontrol/novel-coronavirus-update> <sup>1</sup>
- <https://www.lhsc.on.ca/coronavirus/frequently-asked-questions> <sup>2</sup>
- <https://www.lhsc.on.ca/coronavirus/covid-19-assessment-centres> <sup>3</sup>
- <https://www.ovma.org/veterinarians/coronavirus-faq/> <sup>4</sup>
- <https://www.londonpolice.ca/en/about/chief-s-message-in-relation-to-covid-19.aspx> <sup>5</sup>
- <http://www.london.ca/newsroom/Documents/Supports%20for%20Basic%20Needs.pdf> <sup>6</sup>
- <http://www.londontransit.ca/covid-19-2019-novel-coronavirus-faq/> <sup>7</sup>
- <http://www.londontransit.ca/our-services/specialized-transit/> <sup>8</sup>

# RESOURCES REFERENCED DURING PRESENTATION

- <http://www.london.ca/residents/Seniors/Age-Friendly/Pages/default.aspx> <sup>9</sup>
- <https://www.von.ca/en/program-cancellations> <sup>10</sup>
- <https://211ontario.ca/search-services-and-organizations> <sup>11</sup>
- <http://www.london.ca/newsroom/Pages/COVID-19> <sup>12</sup>
- <https://www.ontario.ca/page/serviceontario-centre-closures> <sup>13</sup>
- <https://alzheimerlondon.ca/care-partner-support-space/> <sup>14</sup>
- <https://alzheimerlondon.ca/wp-content/uploads/Ready-Set-Plan-for-Care-Partner-Absence.pdf> <sup>14a)</sup>

# ADDITIONAL RESOURCES

- <https://www.healthunit.com/novel-coronavirus>
- <https://www.healthunit.com/covid-19-prevent-the-spread#physical-distancing>
- <https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/coronavirus/social-distancing/social-distancing-eng.pdf>
- <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/people-high-risk-for-severe-illness-covid-19.html>
- <https://www.publicsafety.gc.ca/cnt/ntnl-scrt/crtcl-nfrstrctr/esf-sfe-en.aspx>
- <https://www.ontario.ca/page/serviceontario-centre-closures>
- <https://lfpress.com/news/local-news/coronavirus-what-is-essential-these-business-can-stay-open-in-ontario/>

# ADDITIONAL RESOURCES (continued)

- <https://www.voyageurmedical.ca/home.html>
- <https://www.mealsonwheelslondon.ca/wheels-wellness>
- <https://www.londonhydro.com/site/#!/residential/content?page=message-from-ceo-COVID-19>
- <http://www.london.ca/newsroom/Pages/COVID-19.aspx>
- <https://london.ctvnews.ca/local-paramedics-trained-and-ready-to-deal-with-covid-19-1.4858224>
- <http://www.london.ca/newsroom/Pages/Enhanced-supports-for-most-vulnerable.aspx>
- <https://lfpres.com/sponsored/business-sponsored/connecting-with-local-businesses-whats-open-during-the-covid-19-crisis/>