

Vital COVID-19 **Guidance** for Older Adults

Alert

Physical distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. This means making changes which include:

- Staying at home, leaving only for solo exercise or essential needs.
- Where possible, getting help from family and social supports for essentials.
- Keeping a distance of at least 2 arms lengths (approximately 2 metres) from others, as much as possible.

To learn about the latest updates on actions taken by the City of Mississauga, visit mississauga.ca/coronavirus or follow [@CityMississauga](https://twitter.com/CityMississauga) on Twitter.

In these challenging times, the City of Mississauga is particularly focused on supporting our older adult community with factual, timely and relevant communications.

For health information and to learn about a wide range of social supports, visit peelregion.ca/coronavirus.

The information included in this resource offers quick tips for an older adult audience. For current and frequently updated material, you are encouraged to visit the City's COVID-19 webpage mississauga.ca/coronavirus.

If you aren't able to access the website yourself, please ask a close friend or family member for assistance.

Groceries and Meal Delivery

PURCHASING FOOD AND ESSENTIAL SUPPLIES

Residents over the age of 70 are reminded to stay at home, leaving only for solo exercise or essential needs.

Many grocery stores offer online delivery services. If you do not have access to a computer or Internet, contact a friend or family member for assistance.

RECEIVING FOOD AND ESSENTIAL SUPPLY DONATIONS

- The *Peel Food Map* is a resource directory that provides information about food programs across Peel Region.

- Visit peelregion.ca/foodmap for locations and descriptions.
- Due to COVID-19, please contact locations to see if they are open and programs are running.

ADDITIONAL SUPPORT FOR THOSE IN NEED

- *Meals on Wheels* continues to operate and is accepting new referrals. They can be reached at **905-821-3254**.
- The *Mississauga Food Bank* is available to those living in poverty to access food in a healthy and safe way. They can be reached at **905-270-5589**.

Mental and Physical Activity

HOW TO BE MENTALLY AND PHYSICALLY ACTIVE WHILE STAYING INDOORS

- Write letters to friends and family that can be shared later.
- Read your favourite books and find your most challenging puzzles.
- Keep walking indoors by turning up the music and power walking through the house. Remember to pump your arms and lift your knees!

- Reach out and make a difference in someone's life. Call friends daily or weekly to chat. Encourage your friends to call their friends to keep the conversations going.

Visit mississauga.ca/stay-active for more tips. You can also follow *Mississauga Recreation* on social media by searching for **MississaugaRec** on Facebook, Twitter or Instagram to find daily activities.

Accessing the Library

- If possible, take advantage of the library's online resources through mississaugalibrary.ca.
- Otherwise, assistance is available by contacting support.library@mississauga.ca or by calling **905-615-3500**.
- If you don't reach someone live, leave a message and your call will be returned within 24 hours Monday to Friday.

Health, Wellness and Worship

ADDITIONAL IMPORTANT CONTACT INFORMATION

- Sign up for friendly phone calls by contacting info@links2care.ca or **905-873-6502**.
- For a wide range of community services and assistance, contact *Community Information Partners Peel* at peel.cioc.ca or **905-890-9432**.
- To have prescriptions filled without leaving your home, call your trusted pharmacy as most have delivery services in place.
- If you are a member of a spiritual congregation, club or organization, you are encouraged to call your church or organization to learn more about the services and supports available.
- *Ontario Senior Safety Line*
For elder abuse information referral and crisis counselling, call **1-866-299-1011**.
- Remember that you are not alone.

Important Contact Info

3-1-1

For all City information.

2-1-1

To be connected to community and social services in your area at any time.

9-1-1

For all emergencies.

905-799-7700

Peel Public Health

866-797-0000

TTY at 1-866-797-0007

Telehealth Ontario - Call this number if you're experiencing symptoms of COVID-19.

1-833-784-4397

Government of Canada

- For access to mental health support contact:
 - 24/7 Peel Crisis Services at **905-278-9036**.
 - *Canadian Mental Health Association (CMHA) Peel Dufferin* at **905-451-2123** or **1-877-451-2123**.
 - *Alzheimer Society Peel* is offering counselling over the phone and through video sessions. Call **905-278-3667 ext.307**.