

COVID-19

Advanced illness and palliative care

Always follow common precautions

People living with an advanced illness and older adults with health conditions are at greater risk from COVID-19

What we know to date: March 27, 2020

Take precautions if you are:

1

Living with a serious illness



2

A caregiver or family member

Reduce your risk of catching or spreading COVID-19

Common Precautions



Wash hands often using soap and water or use hand sanitizer.



Avoid touching your eyes, nose, or mouth.



Wipe down surfaces, door handles and bathrooms with disinfectant.



Keep a 2-metre distance from others.



Cough and sneeze into your sleeve.

If you or the person you are caring for has advanced illness



Ask if health appointments can be done by telephone or video chat.



Limit visiting to phone calls and video chats.



Limit face-to-face contact to those you live with, as much as possible.



Wipe down countertops, door handles, cell phones, etc



Ensure you have enough medications and ask about home delivery.

If you have to come and go from the home



Wash your hands thoroughly before leaving.



Keep a 2-metre distance from others.



When you return, leave your jacket, shoes, and other belongings at the home's entrance.



Wash your hands thoroughly when you return.



Wipe down your cell phone front and back.

If you have COVID-19 and must provide care



Limit contact as much as possible.



Do not leave the home.



If your symptoms worsen, contact your health care provider.



Monitor new symptoms in the person you are caring for.



Wash hands thoroughly before providing care and making meals.

www.AdvanceCarePlanning.ca

Have conversations about your end-of-life wishes.

