



Older Adult Summit

- COVID-19 Symptoms & Testing
- Staying Healthy
- Tips & Tricks for Good Mental Health
- Mental Health Resources

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at Ottawa Public Health



COVID-19 Symptoms

COVID-19 Symptoms



TYPE	SYMPTOMS
Classic symptoms	Feeling feverish, new or worsening cough and/or difficulty breathing.
Other symptoms	<p>Sore throat, difficulty swallowing, new olfactory (smell) or taste disorder(s), nausea/vomiting, diarrhea, abdominal pain, pneumonia, runny nose*, or nasal congestion.*</p> <p><i>*In the absence of underlying reason for these symptoms such as seasonal allergies and post-nasal drip.</i></p>

COVID-19 Symptoms



TYPE	SYMPTOMS
Less common symptoms	unexplained fatigue/malaise (feeling ill) /myalgias (muscle aches), delirium (acutely altered mental status and inattention), unexplained or increased number of falls, acute functional decline, exacerbation of chronic conditions, chills, headaches, conjunctivitis (red, inflamed eyes), croup (barking cough), or multisystem inflammatory syndrome in children (some of the symptoms associated with multisystem inflammatory syndrome in children include persistent fever, abdominal pain, gastrointestinal symptoms, including nausea, vomiting and diarrhea, as well as rash); an infected infant could also have trouble feeding.
Asymptomatic	No signs or symptoms of COVID-19.



COVID-19 Testing



CORONAVIRUS

When Should I Go for Testing?

- You are showing COVID-19 symptoms. **OR**
- You have been exposed to a confirmed case of the virus, as informed by Ottawa Public Health or exposure notification through the COVID Alert app. **OR**
- You are a resident or work in a setting that has a COVID-19 outbreak, as identified and informed by Ottawa Public Health.

Where to Get Tested in Ottawa

**All sites are
wheelchair accessible.
Scheduled
appointments only.**

- COVID-19 CHEO Assessment Centre for Infants, Children and Youth at Brewer Park Arena
- COVID-19 Assessment Centre for Adults at Brewer Park Arena
- COVID-19 Drive-thru Assessment Centre on Coventry Road

www.OttawaPublicHealth.ca/COVIDcentre



Where to Get Tested in Ottawa



**All sites are
wheelchair accessible.
Scheduled
appointments only.**

- COVID-19 Care and Testing Centres - Heron, Moodie and Ray Friel locations
- COVID-19 testing at Ontario pharmacies for individuals with no symptoms of COVID-19

www.OttawaPublicHealth.ca/COVIDcentre

OPH Web Page



- Our OPH web page has all the information on scheduling appointments online and by phone with the COVID-19 Assessment Centres and Care Clinics
www.OttawaPublicHealth.ca/COVIDcentre

Going Out

- Ottawa Public Health states that the risk of serious illness from COVID-19 increases progressively with age, particularly beyond 50 years of age.
 - Every individual needs to consider their personal risk factors when making decisions about going out.
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Be COVIDWise

#COVIDWise

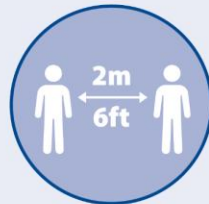
*Learn about testing:
[OttawaPublicHealth.ca/
COVIDcentre](https://ottawapublichealth.ca/COVIDcentre)



Wear a mask



Isolate yourself when you have any symptoms and get tested*



Stay two metres (six feet) apart from others



Exercise proper hand hygiene

[OttawaPublicHealth.ca/COVIDWise](https://ottawapublichealth.ca/COVIDWise)



Staying Healthy

Healthy Eating

- **Eat a variety of foods every day:** nutrient needs change as we age; older adults need fewer calories but more of some vitamins and minerals.
- **Keep your bones healthy:** calcium and vitamin D are good for your bones and more...
- **Drink plenty of fluids.**
- **Eat enough fibre.**



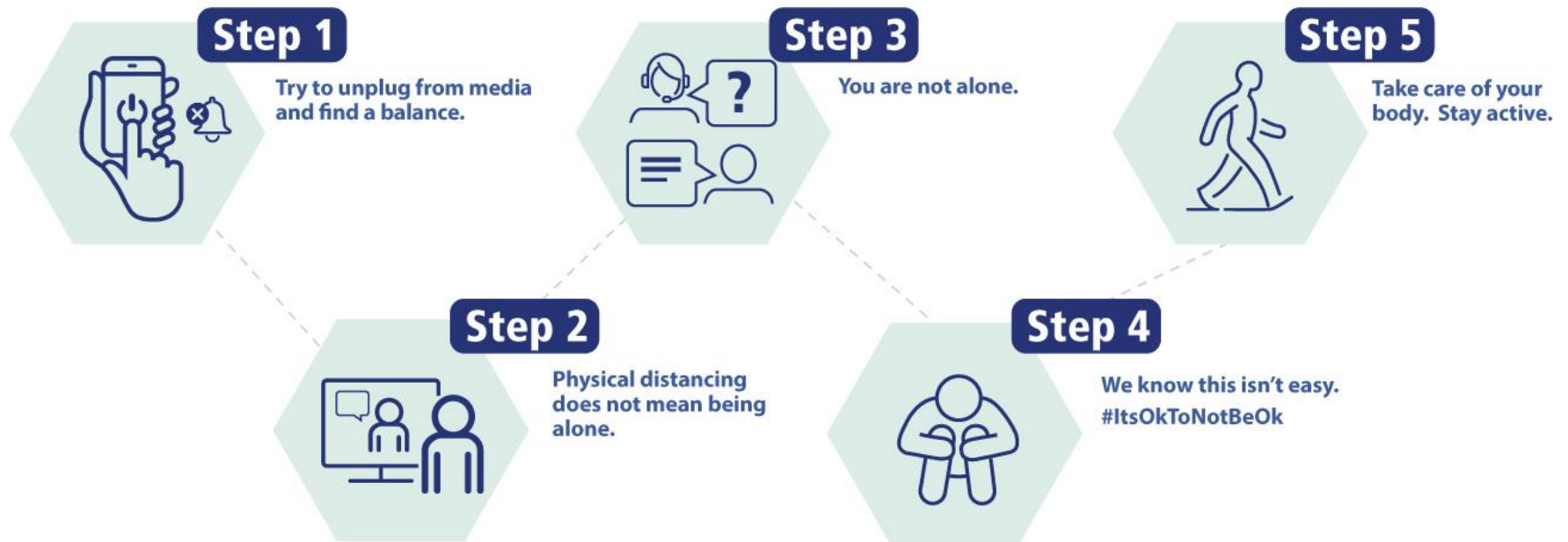
Staying Active

- Physical activity is important for our overall physical and mental wellness. While Ottawa Public Health recommends that older adults limit non-essential trips into the community as much as possible, there are still ways to be active both at home and outside.
- You can find some strength and balance exercises you can do at home on our **Aging Well in Ottawa** OPH web page:
[https://www.ottawapublichealth.ca/en/public-health-topics/Older Adults and COVID-19.aspx](https://www.ottawapublichealth.ca/en/public-health-topics/Older_Adults_and_COVID-19.aspx)



Tips & Tricks for Good Mental Health

Take Care of Your Mental Health, too!



More info: OttawaPublicHealth.ca/COVIDMentalHealth

In a CRISIS? Call the **Mental Health Crisis Line** 24 hours a day / 7 days a week
English and French at **613-722-6914**.

Protecting Your Mental Health

The COVID-19 situation can be stressful for many of us. Images from media, changes to our routines and not seeing family and friends, can be challenging. It is normal to feel stress at times like these.

- Think of strategies that helped you cope with stress in the past.
- You can't change the fact that highly stressful events happen, but you can change how you respond to these events.
- Pay attention to your own needs and feelings and stay connected with people you trust via phone, social media or video conferencing.
- If you are not on self-isolation, go for a walk.
- Keep your routines as much as possible.
- Practice positive self-talk and think of yourself in a positive way.
- **Remember that it's ok not to be ok.**
- Maintain social connections.

More info: OttawaPublicHealth.ca/COVIDMentalHealth



Resources

- OPH web page www.OttawaPublicHealth.ca
- Ottawa Public Health has launched a new Facebook page for residents 55+ and caregivers! [**Aging Well in Ottawa**](https://www.Facebook.com/AgingWellinOttawa) shares COVID-19 health related information. Follow us to keep up to date with information about physical distancing, masks, healthy eating, active living, mental health and much more. www.Facebook.com/AgingWellinOttawa
- Speak to a Public Health Nurse at Ottawa Public Health via the Emergency Response Phone Line (ERPL). The ERPL's telephone # is 613-580-6744 and follow the prompts to the COVID-19 phone line.

Stay informed with COVID-19

Ottawa Public Health is here to help



**Are you 55+ or a
caregiver in Ottawa?**

**Join the conversation
on Facebook.**

We'll be sharing information about a variety of health topics, including information about COVID-19 and how it affects you. Follow us to keep up to date with information about healthy eating, active living, mental health, and more.



Aging Well in Ottawa | [Facebook.com/AgingWellinOttawa](https://www.facebook.com/AgingWellinOttawa)

My Dog Toffee

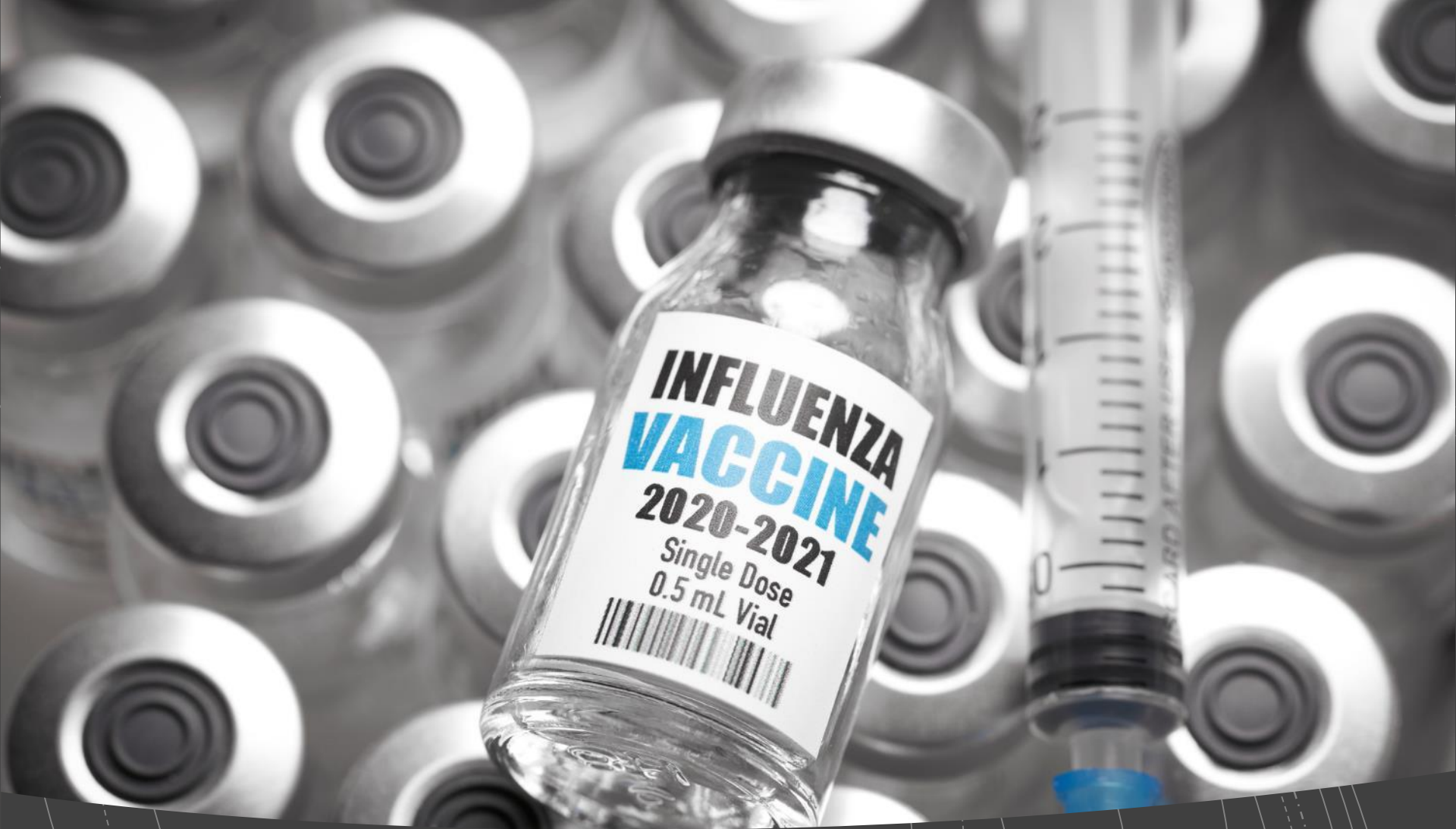




Toffee & COVID-19

- Let me tell you a little something about me, my dog Toffee and his experience with COVID-19.
- During COVID-19, I am able to work with new colleagues, have lunch with my 22 year old son almost daily and enjoy my 12-year-old dog Toffee's happiness. He is usually in a big crate 3-4 days per week, but now he goes for multiple walks per day, goes to the river to play more than just on weekends and sleeps in his favourite spot in the house surrounded by sunlight. If Toffee was able to talk, he would say that COVID-19 was "the BEST thing ever".

Perspective is important!



Remember to Get Your Flu Vaccine



Thank You!!!

[OttawaPublicHealth.ca/Coronavirus](https://ottawapublichealth.ca/coronavirus)

Follow us on social media: OPH Twitter/Facebook/Instagram