



Senior's Coffee Chat with Councillor Dudas

- COVID-19: Symptoms and Testing
- Celebrating the Holiday Season
- Mental Health
- Resources

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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

Scheduled appointments only.

- COVID-19 Assessment Centre at Brewer Park Arena
- COVID-19 Assessment Centre at McNabb Community Centre (opening soon)
- COVID-19 Drive-thru Assessment Centre at the National Arts Centre

www.OttawaPublicHealth.ca/COVIDcentre



Where to Get Tested in Ottawa



**Scheduled
appointments only.**

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

www.OttawaPublicHealth.ca/COVIDcentre

Be COVIDWise

#COVIDWise

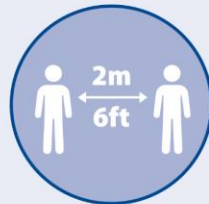
*Learn about testing:
[OttawaPublicHealth.ca/
COVIDcentre](https://ottawapublichealth.ca/COVIDcentre)



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)

 **Public Health**
Santé publique

Holidays and Celebrations

- SocialWise information

<https://www.ottawapublichealth.ca/en/public-health-topics/hosting-postponing-or-cancelling-mass-gatherings.aspx>

SOCIAL-WISE.ca
2 METRES

Making informed decisions

- 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 how to celebrate this year.
-





Current Recommendations

- Keep the number of people you interact with small: those in your household plus essential supports.
- If you live alone, one or two contacts outside your home can be important social supports to draw on.
- Holidays and celebrations are going to look and feel different this year. We can make it memorable though!

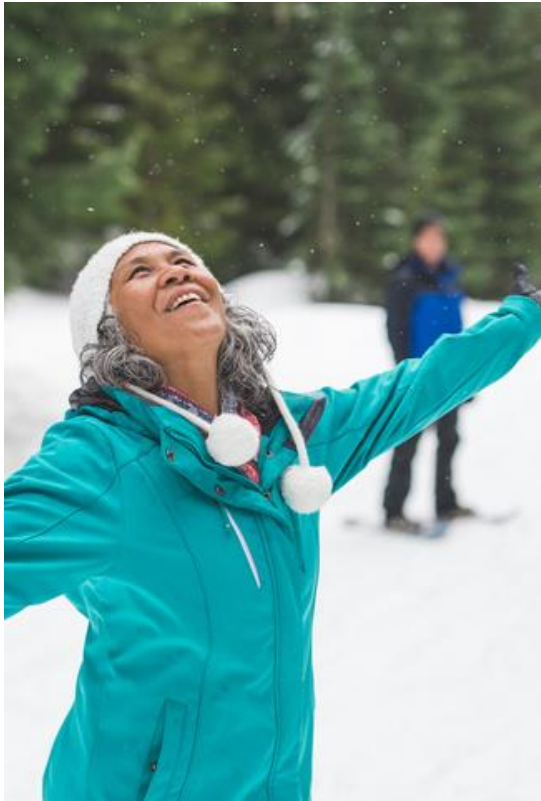
Gatherings

Consider gathering virtually this holiday season. In-person gatherings are not recommended at this time.

If you live alone and want to gather with one other household for social support, take steps to reduce your risk:

- ✓ Do not attend if you develop symptoms
- ✓ Wear a mask at all times
- ✓ Stay 2 metres apart
- ✓ Make your attendance short
- ✓ Wash your hands frequently
- ✓ Avoid hugging, kissing, shaking hands





Outdoor Activities

- ✓ Are good for both physical and mental health
- ✓ Usually carry a lower risk of COVID-19 transmission than indoor activities
- ✓ If you are able to, enjoy a holiday walk, ski or snowshoe with loved ones
- ✓ If you get together with people outside your household/chosen supports, choose sports that allow for 2 metres (6 feet) of spacing

How Will You Celebrate this Year?

Surprise your loved ones
by sending a gift

Cards are making
a comeback!

Make a video and send to
your friends and family. You
could get dressed up, sing a
few lines of a festive song.
Have fun with it!

Set up a time to share
a meal virtually; share
stories
and give good cheer

Go on a virtual group walk
after dinner and share the
beautiful holiday lights



Holiday Shopping



- If possible, consider shopping online
- If shopping in person:
 - ✓ Go during non-peak hours
 - ✓ Shop alone or limit the number of people you shop with
 - ✓ Put your mask on before entering the store
 - ✓ Stay 2 metres from other shoppers
 - ✓ Minimize the number of stores you visit
 - ✓ Please be patient and kind

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)

**Aussi disponible en Français à
[Facebook.com/BienvieilliraOttawa](https://www.facebook.com/BienvieilliraOttawa)**

Jessie

- ❖ During the pandemic, we have been spending more time at home. This means we have also been spending more time than ever with Jessie.
- ❖ Jessie is 11 years old and other than the occasional floating kneecap (apparently not uncommon in smaller dogs as they age), she seems to be doing pretty well! She is also completely undisturbed by the pandemic (lucky her).
- ❖ This small but mighty character has shown me a thing or two about coping skills and wellness.





Soaking up some sun

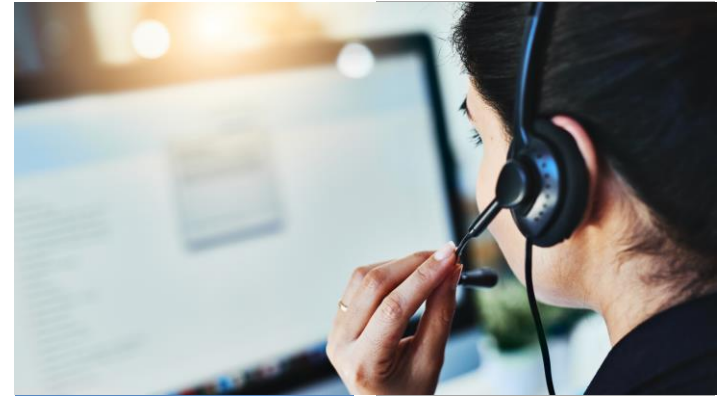
Staying mentally well during winter

- Let in the natural light.
- Keep to your routines as much as possible.
- Pick up an old hobby you forgot about or try a new one.
- Plan an activity you can look forward to.
- If you are able to, spend some time outdoors.
- Think of strategies that helped you cope with stress in the past.
- Practice positive self-talk and think of yourself in a positive way.
- Enjoy hot soups or hot drinks or make your favourite winter meal.
- Listen to your favourite music.
- Maintain social connections.

More info: OttawaPublicHealth.ca/COVIDMentalHealth



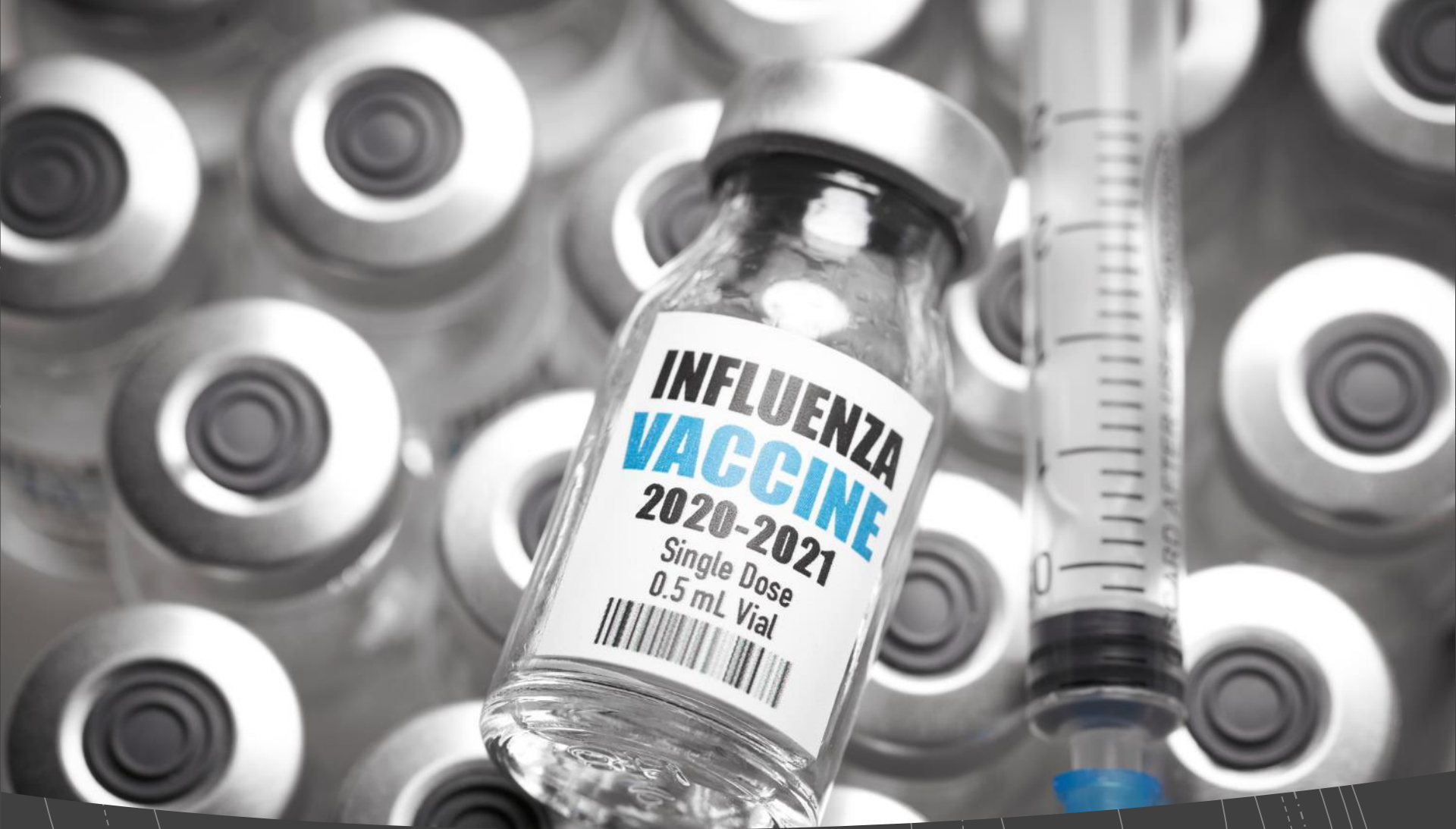
Mental Health Resources



- **Distress Centre of Ottawa and Region (24/7):** 613-238-3311
- **Mental Health Crisis Line (24/7):** 613-722-6914
- **Counselling Connect** provides free access to a same-day or next-day phone or video counselling session:
<https://www.counsellingconnect.org>
- OttawaPublicHealth.ca/COVIDMentalHealth

Stay up to Date

- ✓ OPH web page OttawaPublicHealth.ca
- ✓ Facebook (Information for adults 55+ and caregivers):
 - ***Aging Well in Ottawa***
Facebook.com/AgingWellinOttawa
 - **Bien vieillir à Ottawa**
facebook.com/BienVieilliraOttawa
- ✓ Speak to a Public Health Nurse: **613-580-6744** and follow the prompts. You can call us about COVID-19 or non-COVID-19 health topics!



Remember to Get Your Flu Vaccine



Thank You!!!

OttawaPublicHealth.ca/Coronavirus

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