

Stay active






during COVID-19
Decision aid for people aged 60 and over

Confinement in Quebec with of a curfew between 8 pm and 5 am from January 9 to February 8, 2021.

It's possible to stay active during COVID-19 times, but it's important to choose activities that reduce the risks of being in contact with the virus.

In moderation = reduce the frequency of your activities, as well as the number of people you include and time allotted to the activity. Opt for outdoor activities. If the activity takes place indoors, make sure the place is well ventilated.

Level 4 - Red
Maximum alert in force in Montréal

Going out to get some air	Someone comes over	Going out for a coffee/meal	Going to shops, using services	Getting around
 <p>Go for a walk on my own (or with someone I live with) somewhere that is not too crowded.</p> <p>Go ahead ✓</p>	 <p>Receive a parcel or food from a delivery person. Visit from a caregiver.</p> <p>Go ahead ✓</p>	 <p>Get a coffee or meal to take out and eat alone (or with someone I live with).</p> <p>Go ahead ✓</p>	 <p>Go to the grocery store or the pharmacy, alone or with someone I live with.</p> <p>Go ahead ✓</p>	 <p>Go for a walk or drive by myself (or with someone I live with).</p> <p>Go ahead ✓</p>
<p>Go for a walk near my home with a caregiver if I live alone.</p> <p>Go ahead ✓</p>	<p>Receive a visit from a caregiver: CLSC employee, foot care specialist, housekeeper, etc.</p> <p>Go ahead ✓</p>	<p>Pick up a meal and share a virtual or over the phone meal with a friend.</p> <p>Go ahead ✓</p>	<p>Make a purchase online or by phone, pick up the merchandise at the shop door.</p> <p>Go ahead ✓</p>	<p>Take a taxi or use volunteer accompanied transportation services.</p> <p>In moderation ✓</p>
<p>Go cross country skiing in a big park with someone I live with.</p> <p>Go ahead ✓</p>	<p>Have a home repair worker come over to make urgent repairs.</p> <p>In moderation ✓</p>	<p>Get a take out meal with a support person and eat it indoors, staying 2 m (or 6 feet) apart, if I live alone.</p> <p>In moderation ✓</p>	<p>Go to a community organization offering supervised activities, respecting enhanced measures.</p> <p>In moderation ✓</p>	<p>Take public transportation outside rush hours.</p> <p>In moderation ✓</p>
<p>Go for a walk in a park when there are a lot of people.</p> <p>In moderation ✓</p>	<p>Have my family or friends over despite the regulations in force.</p> <p>Avoid ✗</p>	<p>Get a coffee and drink it in front of the coffee shop with friends.</p> <p>Avoid ✗</p>	<p>Go to the store or to a commercial centre when it's very busy.</p> <p>Avoid ✗</p>	<p>Take public transportation during rush hours.</p> <p>Avoid ✗</p>

Visitor or caregiver should always be the same person in order to minimize social contacts.

How to choose your activities

1 What is your risk of developing a severe form of COVID-19?

Lower risk

- Under 70 years old and no chronic conditions. *

Moderate risk

- Between 70 and 80 years old and no chronic conditions.

* Chronic diseases include: diabetes, heart diseases, immunodeficiency, obesity, neurological disorders, smoking.

High risk

- Age 70 or less, and 2 or more chronic conditions.
- Age 70-80, and > 1 chronic condition.

Very high risk

- 80 years old or over, with or without a chronic condition.
- Dementia (or other neurocognitive disorder).

2 With whom do you do this activity?

The person with whom you will do the activity: how likely is it he/she has come in contact with the virus? He/she could spread it to you unknowingly.

Lower risk of coming in contact with the virus:

- You will be alone or with someone who lives with you.
- You will be with someone who works from home or works alone, and follows public health directives.

Higher risk of coming in contact with the virus:

- You will be with someone who works in a hospital, CHSLD, school or daycare.
- You will be with someone who doesn't always follow public health directives.

3 How much is the virus circulating in your region?

At the **RED** alert level, the virus is spreading rapidly. You have more risk of being in contact with the virus while doing your activities.

4 What benefits do you get from this activity?

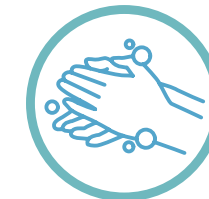
It's important to remember that activities help keep you active. Being active helps you stay **in physical shape, reduce stress, have fun, and break isolation.**

When choosing an activity, you should consider the benefits that you get from it, and weigh those against the risks of being exposed to the virus. If you can get the same benefits from a lower risk activity, that is a great option for you! Go ahead

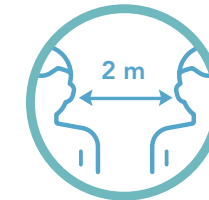
Always follow the directives. Don't be afraid to ask people nearby to follow them too.



Wear a face covering



Wash hands



Maintain physical distance (2 m or 6 feet)



Air out the room

There's no such thing as ZERO risk. In case of doubt, this tool does not replace consulting with a health professional (514-644-4545 or 811).

To discover the resources in your neighbourhood, call 211.