



## Leaving Home & Staying Safe Balancing Risks & Mental Health

**It is important to protect your mental health along with your physical health.**

Even though staying at home is the best way to protect ourselves from COVID-19, we know that it can be stressful and isolating to stay home at all times.

If you feel distressed due to social isolation, we recommend that you partake in low and medium risk activities that are important to you. If getting your hair cut is something you enjoy, go ahead, and schedule an appointment! Don't be scared to go for a walk or meet your friends while social distancing or wearing a mask.

The most important thing you can do to minimize your risk of catching COVID-19 while protecting your mental health is by prioritizing what activities are most important to you and taking the appropriate measures to protect yourself while doing them—wearing a mask, social distancing and washing your hands often.



**Whenever leaving home, it's important to take the necessary precautions,** such as wearing a mask, washing hands frequently and maintaining a distance of at least six feet between yourself and others. If you are in need of masks, you can pick some up at a distribution centre near you:

**Central Lions Seniors Association**

11113 113 Street  
780-496-7369 | [info@centrallions.org](mailto:info@centrallions.org)

**Mill Woods Seniors Association**

2610 Hewes Way, 2nd Floor  
780-496-2997

**North Edmonton Seniors Association**

7524 139 Avenue  
780-496-6969 | [info@nesa1.ca](mailto:info@nesa1.ca)

**South East Edmonton Seniors Association**

9350 82 Street  
780-468-1985 | [info@seesa.ca](mailto:info@seesa.ca)

**Westend Seniors Activity Centre**

9629 176 Street  
780-483-1209 | [info@weseniors.ca](mailto:info@weseniors.ca)

**Edmonton Meals on Wheels**

11111 103 Avenue  
780-429-2020  
[emow@mealsonwheelsedmonton.org](mailto:emow@mealsonwheelsedmonton.org)

**North West Edmonton Seniors Society**

12963 120 Street  
780-451-1925 | [voluncal@telus.net](mailto:voluncal@telus.net)

**Shaama Centre**

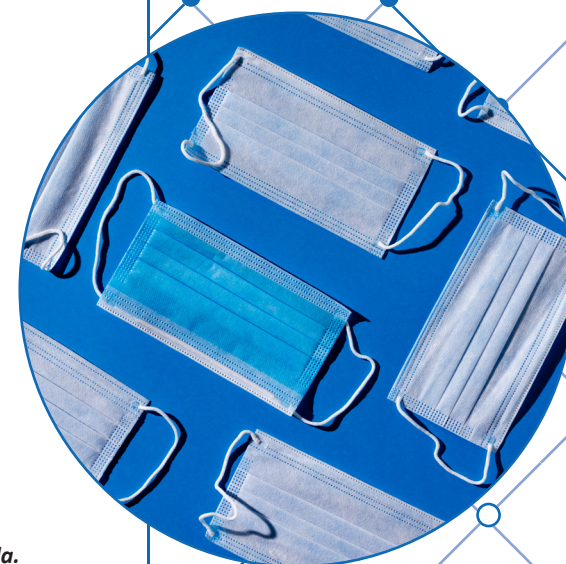
329 Woodvale Rd W  
780-465-2992 | [light@shaama.ca](mailto:light@shaama.ca)

**SouthWest Edmonton Seniors Association**

Blue Quill Community League  
11304 25 Avenue  
587-987-3200 | [admin@swesa.ca](mailto:admin@swesa.ca)

**Lower income older adults are eligible to receive a PPE kit from Sage Seniors Association.** These kits contain masks, sanitizer and activities. Individuals can also request hygiene products, denture cleaning supplies, and food security gift cards (while supplies last). Call 780-701-9007 to place your order.

*The following recommendations have been adapted from "Going Out? Do it Safely?", from the Public Health Agency of Canada.*



If you feel lonely or distressed due to social isolation, here are some recommendations:

1. Choose a couple **low** or **medium** risk activities that are important to you
2. Visit with family or friends while wearing a mask or social distancing
3. Take a walk or sit outside in your neighbourhood or local park

If you are over the age of 65 or have chronic health conditions, you are at a higher risk for a serious COVID-19 infection. This means that it is important to take extra precautions when leaving your home. One of the ways to do this is by understanding how risky different activities are. Make sure to visit [alberta.ca/covid19](https://alberta.ca/covid19) for the most up-to-date restrictions and guidelines.

LOW RISK	MEDIUM RISK	HIGH RISK
<p>Staying at home... Alone or with housemates</p> <p>Outside Activities with... Housemates Members of your cohort</p> <p>Physical distancing with others</p>	<p>Indoor activities in small groups if you are...</p> <p>Wearing a mask Washing your hands often Inside for a short period of time</p>	<p>Indoors with large groups</p> <p>Indoor/outdoor areas with crowds</p> <p>These activities are high risk even if you are wearing a mask, social distancing and washing your hands</p>
EXAMPLES	EXAMPLES	EXAMPLES
<p>Getting the mail Grocery shopping Going for a walk Sitting in community parks Playing sports like tennis</p>	<p>Hair salon or barbershop Medical appointments Transit or taxi rides Visiting family in their home Visiting malls, museums etc. Movie theatres Eating at a restaurant with a patio</p>	<p>Indoor restaurants, bars, cafes Hugging, kissing, or shaking hands Larger religious/cultural gatherings Concerts Casinos Sharing food with friends &amp; family Crowded public transit</p>

## Don't forget about online and telephone activities!

Edmonton's seniors organizations are offering an abundance of distance programming, from friendly telephone calls to live, online classes. These distance programs are a great option for you stay engaged and safe.

## Call 211 for friendly phone calls

To get on a friendly call list, call the Seniors Information Phone Line by dialing "2-1-1" and pressing "2". Once you're on a list, a friendly caller will contact you for regular check-ins.

## Enjoy telephone games, trivia and more through Seniors' Centre Without Walls

This is a free telephone-based program focused on social connection. Join other seniors from the comfort of your own home and enjoy activities such as trivia games, exercises, group chats, guest speakers from museums and universities and more. The program is open to anyone 55+. Learn more on their website, [www.edmontonsouthsidepcn.ca/classes-health-resources/seniors-centre-without-walls](http://www.edmontonsouthsidepcn.ca/classes-health-resources/seniors-centre-without-walls), and call **780-395-2626 ext. 0** to register.

## Enroll in online classes & activities

Several Edmonton seniors organizations are offering live, online activities. If you have a digital device (computer, smartphone or tablet) and internet connection, you can enjoy arts, fitness and social activities in real-time from the comfort of home.

**Edmonton Seniors Centre:** Visit [www.edmontonseniorscentre.ca/courses.html](http://www.edmontonseniorscentre.ca/courses.html)

**Mill Woods Seniors Association:** Visit [www.mwsac.ca/online-programs-for-seniors](http://www.mwsac.ca/online-programs-for-seniors)

**Sage Seniors Association:** Visit [www.mysage.ca/events](http://www.mysage.ca/events)

**South East Edmonton Seniors Association:** Visit [www.seesa.ca/programs.html](http://www.seesa.ca/programs.html)

**Strathcona Place Seniors Society:** Visit [www.strathconaplace.com/programs](http://www.strathconaplace.com/programs)

**SouthWest Edmonton Seniors Association:** Visit [www.swesa.ca/general-program-information/](http://www.swesa.ca/general-program-information/)

**Westend Seniors Activity Centre:** Visit [www.weseniors.ca/whats\\_new\\_cat/classes](http://www.weseniors.ca/whats_new_cat/classes)

*For more distance programming options, visit [www.seniorscouncil.net/covid-19](http://www.seniorscouncil.net/covid-19).*