






# Stay active during COVID-19

Reflection tool for people aged 60 and over

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.

**Use 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

I go out to get some air	Someone comes over	I go out for a coffee/meal	I go to shops and use services	I use public transportation
 <p>Go for a walk on my own (or with someone I live with) somewhere not too crowded</p> <p><b>Go ahead</b> ✓</p>	 <p>Receive a parcel from a delivery person. Have a worker come over. Visit from a natural caregiver</p> <p><b>Go ahead</b> ✓</p>	 <p>Get a coffee or meal to take out and eat alone (or with someone I live with)</p> <p><b>Go ahead</b> ✓</p>	 <p>Go to the grocery store, pharmacy or bank, or to pick up a book from the neighbourhood library (alone)</p> <p><b>Go ahead</b> ✓</p>	 <p>Go for a walk or drive by myself (or with someone I live with)</p> <p><b>Go ahead</b> ✓</p>
<p>Go someplace that isn't very busy with a support person or small group of people (8 or fewer)</p> <p><b>Go ahead</b> ✓</p>	<p>Visit from caregiver: CLSC employee, foot care specialist, housekeeper, etc.</p> <p><b>Go ahead</b> ✓</p>	<p>Pick up a coffee and drink it on a park bench with another person sitting 2 m (or 6 feet) away from you *</p> <p><b>Go ahead</b> ✓</p>	<p>Go to a local shop with a support person</p> <p><b>With moderation</b> ✓</p>	<p>Take a taxi or ride-share to go somewhere</p> <p><b>With moderation</b> ✓</p>
<p>Go cross-country skiing in a big park in Montréal, alone or with a small group (8 or fewer)</p> <p><b>Go ahead</b> ✓</p>	<p>Join only one family bubble during the holidays *</p> <p><b>With moderation</b> ✓</p>	<p>Get a take-out meal with another person and eat it outdoors, staying 2 m (or 6 feet) apart *</p> <p><b>With moderation</b> ✓</p>	<p>Go to an organization offering supervised activities</p> <p><b>With moderation</b> ✓</p>	<p>Take public transportation outside rush hours</p> <p><b>With moderation</b> ✓</p>
<p>Go for a walk in a park where there are many people, either alone or with a small group (8 or fewer)</p> <p><b>With moderation</b> ✓</p>	<p>Have my family or friends over during the holidays despite the regulations in force</p> <p><b>Avoid</b> ✗</p>	<p>Get a take-out meal with another person and eat it indoors, staying 2 m (or 6 feet) apart *</p> <p><b>With moderation</b> ✓</p>	<p>Go to a shopping centre when it's busy</p> <p><b>Avoid</b> ✗</p>	<p>Take public transportation during rush hours</p> <p><b>Avoid</b> ✗</p>

\* Authorized if living alone

# 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 condition \*

### Moderate risk

- Between 70 and 80 years old and no chronic condition

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

### High risk

- Under 70 years old and more than 2 chronic conditions
- Between 70 and 80 years old 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?

To what degree is the person (or people) with whom you will do the activity likely to come in contact with the virus and spread it to you unknowingly? When possible, choose the person based on this criterion. For example:

### 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?

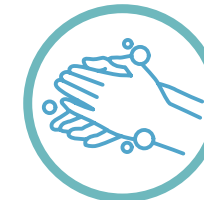
It's important to remember that activities help keep you active. Being active helps you stay **in physical shape, reduce stress, have fun, and break isolation.**

When choosing to do an activity, you should also consider the risks of being in contact with the virus and developing complications if you get the disease. However, you should also consider the benefits of doing the activity.

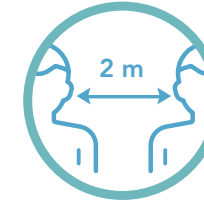
**Always follow the directives. Don't be afraid to ask people nearby to follow them too.**



**Wear a face covering**



**Wash hands**



**Keep a 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.**