

April 8, 2020

FIVE WAYS TO PHYSICALLY DISTANCE DURING THE COVID-19 PANDEMIC

- 1. STAY AT HOME** say Medical Officers. COVID-19 is a 'novel' or new virus. No one is immune. The virus has spread by 'community transmission' in Saskatchewan. Some people have contracted it and have NO symptoms. These 'silent spreaders' become 'super spreaders' when they 'shed' the virus in respiratory droplets. Although you may take your chances by going shopping, you could unknowingly spread the virus.
- 2. FIND ALTERNATE WAYS TO GET GROCERIES & MEDICATIONS** Rather than shopping yourself, find a once-a-week option of drive-by pick-ups at the grocery or having deliveries left on your doorstep by the store or a younger family member.
- 3. ADAPT GRACEFULLY** We may be frugal, independent shoppers who prefer to select our own items. Remember the difficult times in the lives of our forebears? When did they adjust in unexpected ways? WE CAN, TOO.
- 4. DECIDE HOW TO SAFELY HAVE AN OUTING** If you are not self-isolating because of recent travel or exposure to an infected person, go out for exercise while passing at least 6 feet or 2 meters from anyone you meet. If you have a vehicle, go for a drive on your own or with someone with whom you share your home. Phone a friend before you go so your whereabouts are known. Please don't go to a store for a social outing.
- 5. "AVOID GATHERINGS WITH PEOPLE OUTSIDE YOUR IMMEDIATE HOUSEHOLD"** recommend Saskatchewan health officials. Consider other ways of visiting from your own homes by telephone or video-calls. Check with your faith community about options for religious holidays. (Recommendation from the Civil Emergency Alert issued by the Government of Saskatchewan April 4, 2020)

Thank you to the essential service workers who need to go to work and who say

WE STAY HERE FOR YOU, PLEASE STAY HOME FOR US.

Message from Minister Warren Kaeding – Minister Responsible for Seniors

I commend SSM and its member groups on their efforts to keep seniors informed of available community supports. I would also encourage seniors – and all Saskatchewan residents – to stay apprised of developments related to the COVID-19 pandemic in our province, and to seek help if required.

Click on the two sites below for up-to-date Canadian information.

[GOVERNMENT OF SASKATCHEWAN](#)

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