Wash your hands.  
- Follow the handwashing guidelines from the Public Health Agency of Canada.  
- Create reminders to wash your hands.
  More about HANDWASHING

Take care of yourself.  
- Take things one day at a time.  
- Do yoga or other activities to stay active and de-stress.
  More about SELF-CARE

Stay active at home.  
- Keep doing the things you love to do, like painting or baking  
- Stay physically active  
- Check online for activity ideas
  More about HOME ACTIVITIES

Stay connected.  
- Schedule regular calls with friends and family.  
- Use Skype, Zoom or video chat to do activities with others.
  More about CONNECTING

What to do if you get COVID-19  
- Make a plan in case you become ill.
- If you are experiencing symptoms, contact your healthcare provider or local public health agency.
  More about planning ahead

Protecting against COVID-19 is critical. Luckily, this can be done by adopting existing ways of communications and a few simple protective measures into daily routines. Connect with your local Alzheimer Society for more information and support.