We’re here for you!

Here is what the City is doing:

• Providing trusted information for older adults: portcoquitlam.ca/covid19
• Phoning members of Wilson Seniors and providing regular email updates. To receive phone or email updates, visit portcoquitlam.ca/wilsonseniors, email wilsonseniors@portcoquitlam.ca or phone 604-927-7974.
• Offering online programming for virtual exercises & activities: portcoquitlam.ca/wilsonseniors
• Encouraging local businesses to increase delivery services and/or provide dedicated shopping hours for seniors.
• Waived the penalty & extended the deadline to May 31 for utility bill payment.

Here are some tips for how you can support your own health at this time:

TAKE MEDIA BREAKS
Limit your time watching the news

TAKE CARE OF YOURSELF
Eat healthy, stretch, exercise, sleep, etc.

DO ACTIVITIES YOU ENJOY
Hobbies, activities, try something new!

CONNECT WITH OTHERS
Phone, email, FaceTime friends and family

We’d love to hear from you!

Please feel free to reach out to our staff at wilsonseniors@portcoquitlam.ca or by phone 604-927-7974, if you have any questions, suggestions or need any support.

Stay up to date: portcoquitlam.ca/covid19
MAINTAIN SOCIAL DISTANCE
AT LEAST 2 METERS

WASH HANDS THOROUGHLY & OFTEN

AVOID TOUCHING YOUR FACE
EYES, NOSE & MOUTH

COVER MOUTH & NOSE WITH TISSUE
WHEN COUGHING & SNEEZING

STAY HOME IF SICK & AVOID NON-ESSENTIAL GATHERINGS

AVOID SHARING FOOD & DRINKS

Resources for Seniors

We have compiled a list of resources where you can find trusted information:

- Fraser Health Authority – www.fraserhealth.ca
- Public Health Agency of Canada – www.canada.ca/publichealth

For all health-related concerns, call 811, the Government of Canada novel coronavirus telephone information line at: 1-833-784-4397 or contact your health-care provider or local public health office.

For recommendations on protecting yourself and your community from COVID-19, and to use the online self-assessment tool visit: BC Centre for Disease Control (BCCDC) – www.bccdc.ca

portcoquitlam.ca/covid19