

Siksika Health Services

Talking With Loved Ones About COVID-19



*The majority of individuals infected with COVID-19 will have mild symptoms of fever and cough, and will make a full recovery. **Elderly and those with chronic conditions are at higher risk. It is our collective responsibility to protect those at risk.***

Siksika Health Services offers tips on how best to communicate with older loved ones and persons with disabilities about COVID-19

- ✓ Let them know that good hygiene, like regular hand washing, and social distancing are the best way to protect themselves. They should have a family member check in on a consistent basis to ensure that they are well and have the supplies they require
- ✓ Encourage them to continue to wash their hands often, avoid touching their face, nose, or mouth, avoid contact with people who are sick and to clean and disinfect surfaces that are frequently touched
- ✓ Despite the urgency you might feel, it is important to avoid pressuring or badgering family members into a certain course of action. Stay calm and give them the resources and accurate information about COVID-19. That information can be found at <https://www.alberta.ca/coronavirus-info-for-albertans.aspx>
- ✓ If they are having trouble dealing with anxiety or emotional stress from COVID-19, they can call Siksika Mental Health at 403-734-5687 during regular business hours to arrange to speak with a therapist.