

Vulnerable Populations and COVID-19

COVID-19 is in our communities. Vulnerable people are people who need more help when sickness is spreading. How can we help people who need more help?

Are you vulnerable? Is someone you know vulnerable?

Vulnerable people:

- Are older adults
- Have other health problems, like heart disease, hypertension, diabetes, chronic respiratory diseases, and cancer
- Get sick easily because they have weak immune systems. Weak immune systems are from health problems or treatments like chemotherapy.

Vulnerable people:

- Have problems reading, speaking, or understanding
- Have problems finding health care or health information
- Have problems washing their hands.
- Have problems coughing or sneezing in their elbow.
- Have problems getting on a bus or in a taxi
- Have problems with money.
- Have no work, or no control about their work
- Have problems with their housing, or no place to live
- Need long health care for a long time
- Need medical supplies
- Need help to be independent
- Are far from other people or a city

How can you help?

Get Information

- Learn about COVID-19 by visiting Canada.ca/coronavirus

- Read the COVID-19 information from ISANS and on the ISANS' COVID-19 webpage
- Learn about COVID-19 in your community every day
- Take the [COVID-19 online self-assessment questionnaire](#). This will tell you when to call 811.

Help Yourself Stay Healthy

- Wash your hands with soap many times every day
- Keep 2 metres away from people
- Stay away when you see many people together
- Go shopping and take the bus when there are not many people
- Exercise outside or at home

Stay Home if You are Sick

- Stay home and check your health for 14 days
- Stay away from other people for 14 days to stop COVID-19. You can't share the virus.
- Stop COVID-19 in your home and in your community

We can all do our part to prevent the spread of COVID-19.

Read [this](#) for more information, from the Government of Canada.

For more information, visit Canada.ca/coronavirus or call [1-833-784-4397](tel:1-833-784-4397)

CORONAVIRUS DISEASE (COVID-19) VULNERABLE POPULATIONS AND COVID-19



While diseases can make anyone sick, some Canadians are more at risk of getting an infection and developing severe complications due to their health, social and economic circumstances.

Organizations, staff and volunteers play an important role in helping to prevent these populations from getting or spreading the COVID-19 virus. Start by sharing simple things they can do to help keep themselves and others healthy, guide them to help if they develop any signs and symptoms and learn ways help care for sick clients recovering from COVID-19.



Vulnerable populations may include:

Anyone who is:

- ▶ An older adult
- ▶ At risk due to underlying medical conditions (e.g. heart disease, hypertension, diabetes, chronic respiratory diseases, cancer)
- ▶ At risk due to a compromised immune system from a medical condition or treatment (e.g. chemotherapy)

Anyone who has:

- ▶ Difficulty reading, speaking, understanding or communicating
- ▶ Difficulty accessing medical care or health advice
- ▶ Difficulty doing preventive activities, like frequent hand washing and covering coughs and sneezes
- ▶ Ongoing specialized medical care or needs specific medical supplies
- ▶ Ongoing supervision needs or support for maintaining independence
- ▶ Difficulty accessing transportation
- ▶ Economic barriers
- ▶ Unstable employment or inflexible working conditions
- ▶ Social or geographic isolation, like in remote and isolated communities
- ▶ Insecure, inadequate, or nonexistent housing conditions

How organizations can support vulnerable populations during COVID-19 outbreaks

Take the time to learn the facts:

- ▶ Know more about COVID-19 by visiting canada.ca/coronavirus
- ▶ Keep up-to-date about the current situation in your community
- ▶ Contact local, provincial, territorial public health officials to get relevant COVID-19 information, resources and guidance

Take time to get prepared:

- ▶ Review your business continuity plan so you and your staff know what to do
- ▶ Plan ahead for potential disruptions
- ▶ Identify and plan how to continue providing the most critical services
- ▶ Partner with organizations that provide similar services to share resources and strategies
- ▶ Be prepared to answer questions from staff, volunteers, and clients
- ▶ Consider stockpiling general supplies and **cleaning supplies**
- ▶ Prepare for shelters and communal space limitations



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Educate staff about ways to prevent the spread of COVID-19:

- ▶ Washing hands often with soap and hot water or use of alcohol based sanitizer
- ▶ Increasing access to hand hygiene and cough etiquette supplies (e.g. alcohol-based hand rub, soap, paper towels, tissues, waste containers)
- ▶ Cleaning frequently used spaces, surfaces and objects (kitchens, common areas, dining areas, desks, shared sleeping spaces, doorknobs, and faucets)
- ▶ Staying home when sick
- ▶ Avoiding the use of shared personal items
- ▶ Sharing information about what to do if staff or a client shows symptoms of becoming sick

Sharing steps about **how to** care for and isolate people living in a crowded facility (including the use of separate washrooms, if available)



Suggestions for supporting vulnerable populations during COVID-19 outbreaks

- ▶ Provide clear instructions about how to wash hands and cover coughs using:
 - The most commonly used language in the community
 - Short messages that explain simple steps they can take
 - Large font and graphics
 - Accessible instructions (e.g. braille, pictorial); and
 - By posting signs in common areas: near sinks, entrances, intake areas, restrooms, sleeping areas, recreation areas, waiting rooms
- ▶ Consider supporting alternatives such as:
 - Using volunteer drivers and subsidized taxi fares instead of public transportation
 - Putting in place alternative outreach measures or a “buddy” system
 - Including policies to allow sick clients to rest in shelters during the day
 - Providing access to food, drinks and supplies, as possible
 - Reminding clients to fill or refill prescriptions, and necessary medical supplies
- ▶ If you suspect a client is sick from COVID-19, please contact your local **Public Health Authority**

WE CAN ALL DO OUR PART IN PREVENTING THE SPREAD OF COVID-19. FOR MORE INFORMATION, VISIT

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