

# Questions to consider:

How will care be provided during this time?

Who do I contact if symptoms change or get worse?

What is the best way for me to get help in an emergency?

If I am not coping, who should I contact?



# Self-Care during COVID-19

Keep routine medical appointments

Make time for regular exercise & things you enjoy

Keep connected with family & friends via phone/video



# Grieving during COVID-19

Reach out to your GP, family, friends, religious leader, and others to let them know you need support.

Create something that celebrates the person's life - a photo book, a quilt, an artwork, or a piece of furniture.

Join an online grief support group or access telehealth services.



# Using telehealth

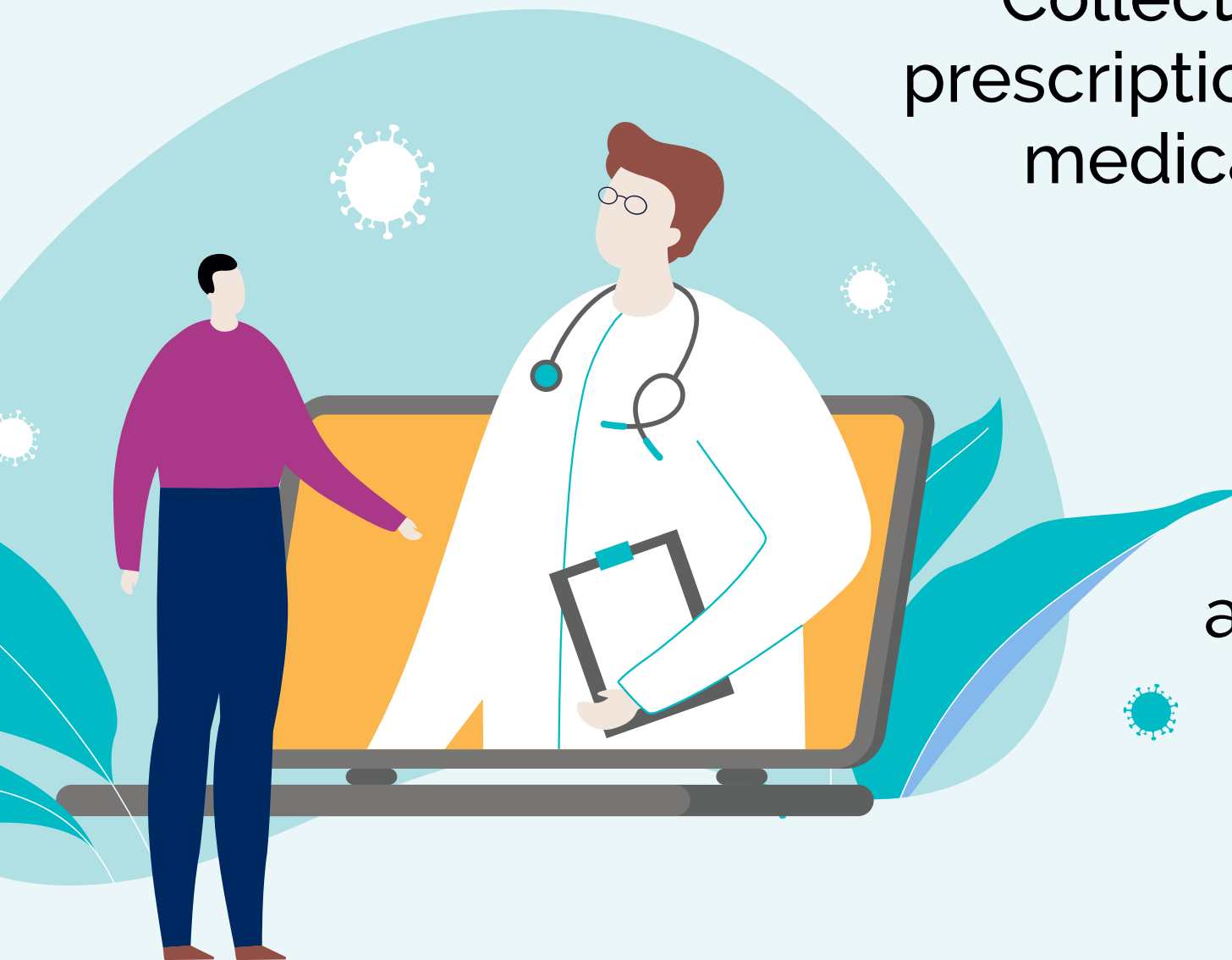
Call your health professional to ask about telehealth services.

Check your internet connection.

Find a quiet and well-lit spot and set up your device.

Collect health notes, prescriptions, and other medical documents you need.

Prepare a list of things you need to ask or discuss.



# Check if the info has:

Clear statement of what it is about and why it was developed

Easily identifiable and credible authors

Clear distinction between information and advertising

