

COVID-19

Vulnerable Populations

Individuals more at risk

While viruses can make anyone sick, some individuals are more at risk of getting COVID-19 and developing severe complications due to their health, social and economic circumstances.

Learn more about the steps we can all take to protect everyone in the community. The risk of severe illness from COVID-19 is greater in people who:

- are over the age of 65;
- have an underlying health condition (for example: heart disease, hypertension, breathing difficulties, diabetes, cancer);
- have a compromised immune system (for example: multiple sclerosis, lupus, rheumatoid arthritis);
- have difficulty reading, speaking, understanding or communicating;
- have difficulty accessing medical care or health advice;
- have difficulty doing preventive activities, like frequent hand washing, proper physical distancing, and covering coughs and sneezes;
- receive specialized medical care;
- require support to maintain independence; or,
- experience other social factors such as accessing transportation, economic barriers, unstable employment or inflexible working conditions, social or geographic isolation, like in remote and isolated communities, inadequately housed.

Do I need to self-isolate?

People who need to self-isolate are:

- travellers returning to Canada;
- anyone with COVID-19 symptoms; and
- close contacts of a person diagnosed with COVID-19.

How can I protect myself and others?

Some individuals may choose to delay expanding their [social circle](#). If you decide to socialize, here's what you can do to keep yourself and others safe.

- Stay home if you are sick and [self-isolate](#).
- Consider using a [face covering](#) to reduce the risk of spreading COVID-19 when physical distancing may be challenging. Face coverings may not protect you from getting COVID-19. If you have trouble breathing or are unable to remove a face covering without assistance, they are not recommended.
- Practice proper [hand hygiene](#) - wash with soap and water or use hand sanitizer.
- Respiratory etiquette such as coughing and sneezing into a tissue or your elbow when a tissue is unavailable.
- [Physical distancing](#) by staying at least two metres apart (where possible) and limiting the number of people you come in close physical contact with.

May I have support people in my home?

- People who provide support and care are often essential. If you require essential support in your home, screen everyone before they enter your home by asking if they are experiencing any [symptoms](#) of COVID-19.
- Anyone who feels unwell, especially those with fever, cough, or other flu-like symptoms, should not enter your home.



Where can I get tested if I have symptoms or think I may have been in contact with someone with COVID-19?

- People with symptoms should self-isolate and use the [Ontario Self-Assessment Tool](#) to determine if you need to seek further care.
- Anyone who has mild to moderate symptoms may recover at home in self-isolation.
- If you are in distress, call 911 or go to the emergency department.
- Testing is now available to all community members through [Assessment Centres](#). Lambton County has drive-thru options on specific days and walk-in or scheduled appointment options.

Where do I find more information about individuals more at risk and COVID-19 in multiple languages?

- You can visit the Government of Canada [website](#) for more information about COVID-19 in multiple languages.

Where do I get more information about COVID-19 and services that can help me manage better?

- You can visit the Lambton Public Health website at www.lambtonpublichealth.ca for reliable, up-to-date information about COVID-19.
- The site also has information about accessing food and other necessities, financial benefits you may be eligible for, changes to rent, public transportation, and ways to stay connected during COVID-19.