# COVID-19: Rules and Risks

ChristianHorizons

The COVID-19 pandemic has brought many rules about what we can and cannot do to stay safe.

Public Health is the part of the government that makes these rules.

Here are some of the things Public Health has told us to do:

- Stay home as much as possible,

- Keep at least 2 metres (or 6 feet) away from anyone we don't live with

- Wear masks when we can

- Wash our hands or use hand sanitizer often, and after we touch anything

- Not visit with our friends and families like we normally do

SOCIAL DISTANCING

2M
6feet
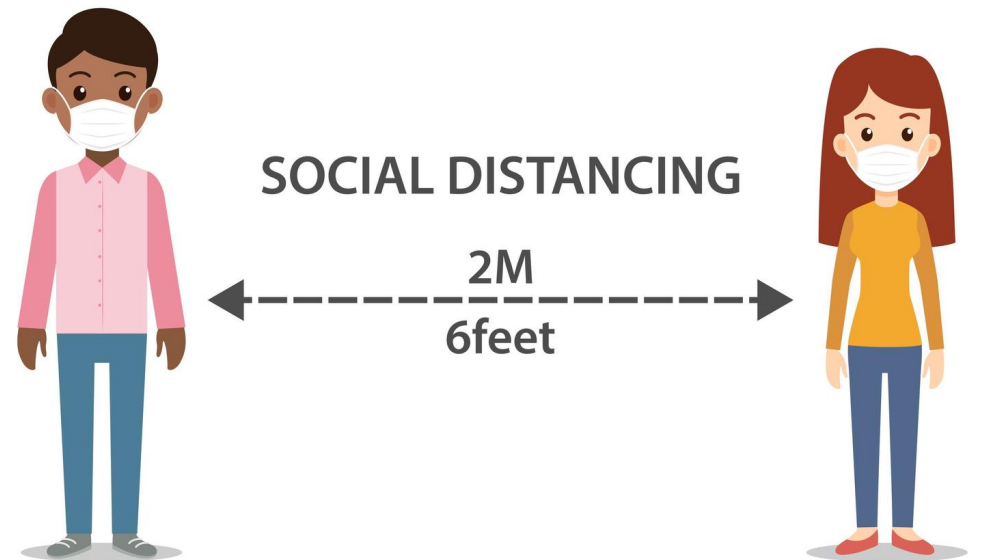
Public Health also set rules about how many people can gather together, and which kinds of businesses can be open. At first only places that were really needed stayed open.

I have been following these rules.

I have been staying home, wearing a mask, washing my hands a lot, and not visiting with my family and friends.

All of my hard work to keep safe has helped! Now Public Health is taking away some of the rules. Some stores, hairdressers, parks, and restaurants are open again. I can also start visiting with my family and friends, safely.

All of this is called *re-opening*.

Not everyone can go out and be involved in the community right away.

Some people are MORE LIKELY to get sick than others, and some people might get SICKER than others if they catch COVID-19.
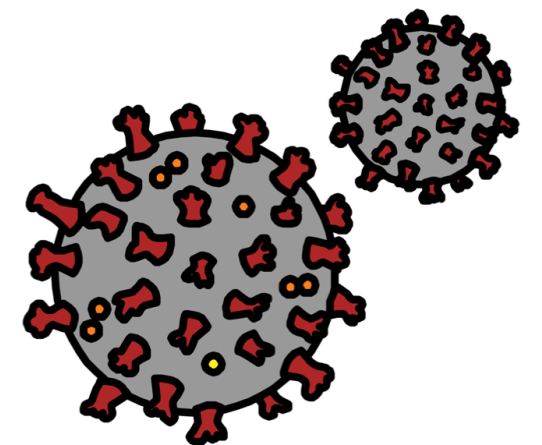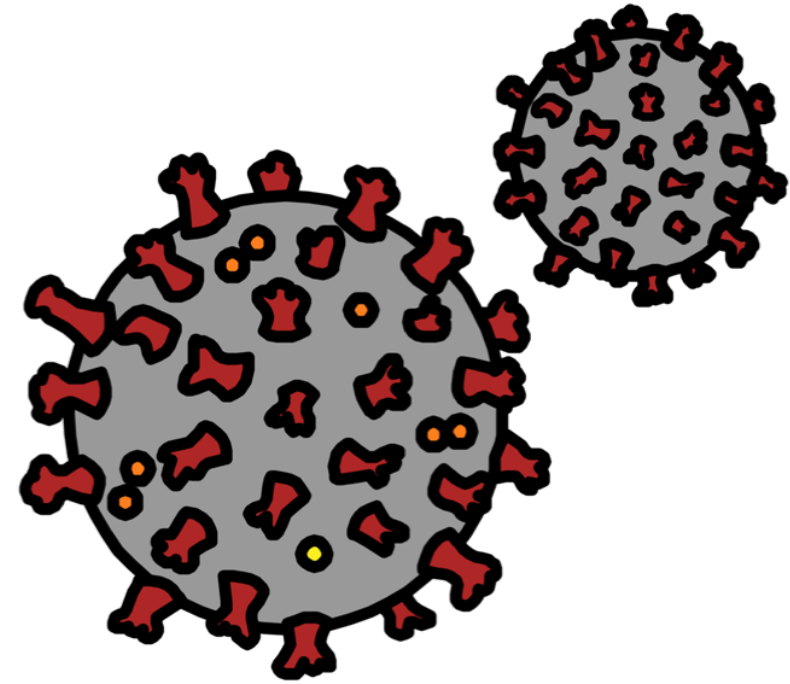
Public Health has specific rules for people who live in *congregate care settings*.

- *Congregate* is when a group of people comes together.

- *Care* describes when someone is paid to support you.

- A *Setting* is a place.

So a *congregate care setting* is when a group of people live together, and have people that are paid to come into the home to support them.

If I live in a group home or apartment where Christian Horizons provides services, then I live in a *congregate care setting*.

There are specific rules for people living in *congregate care settings* because of *vulnerability*.

Vulnerability, here, means a higher risk of *catching* COVID-19 or of getting sick if I do catch it.

With COVID-19, if I meet more people, I have more chances to get sick.

If I live alone and do not go out much I am not as likely to get sick.
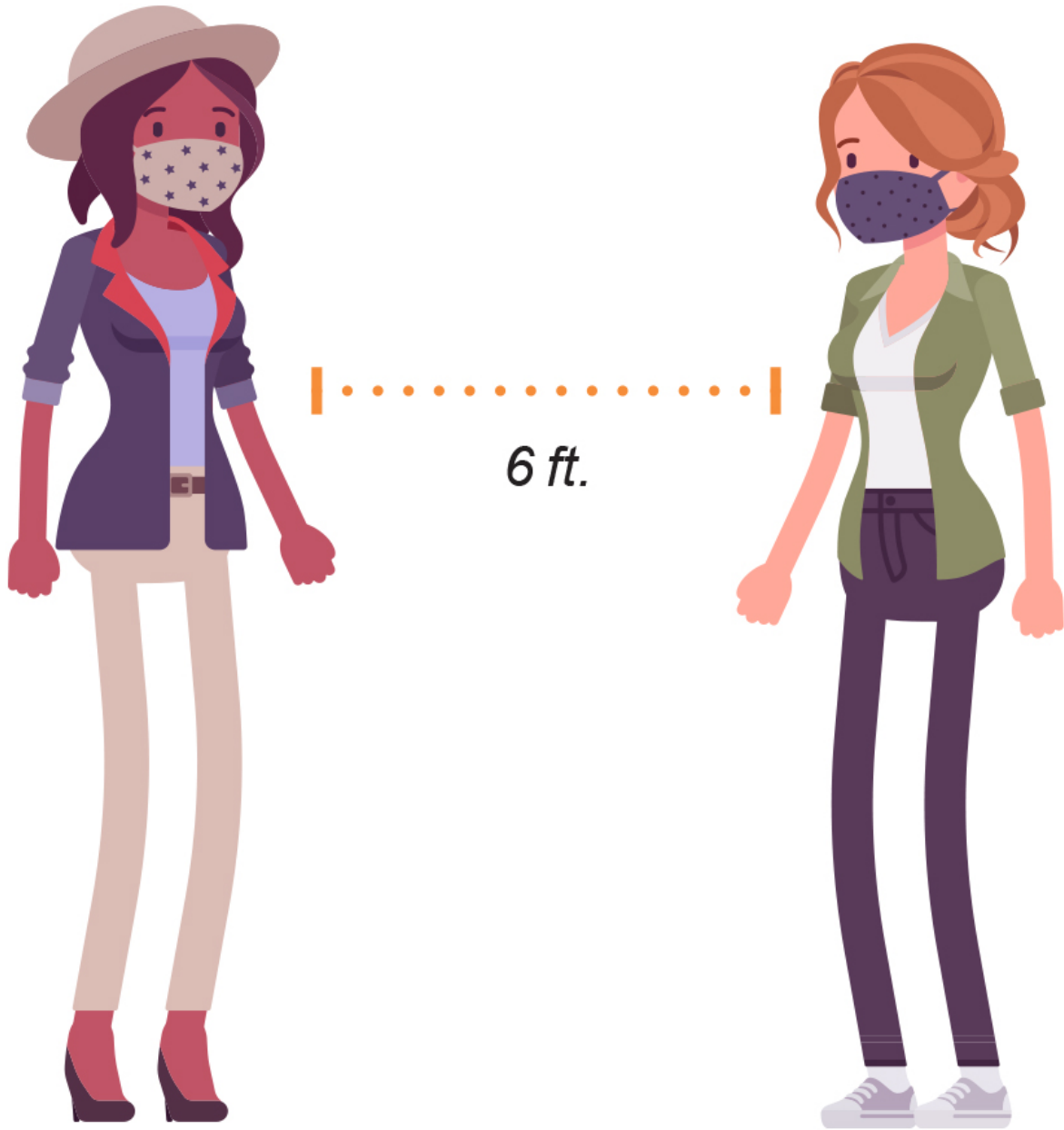
That's why Public Health says it would be okay to go out more and to pick up to 10 people to hang out with.

But if I live with housemates and have people coming in to support me, I might already be close to more than 10 people!

This is often what happens in group homes so the government says it is not safe to add any more people to social group.

6 ft.

This means that I will have to stay home as much as possible and only visit with 1 or 2 family members or friends at a time.

Public Health wants people in these places to stay home as much as possible, and to only visit with friends and family at a safe distance, while wearing masks.

Another way that I might be more vulnerable is if I have an illness or disability that makes me more at risk.

I may be at a greater risk, or my housemates may be at a greater risk.
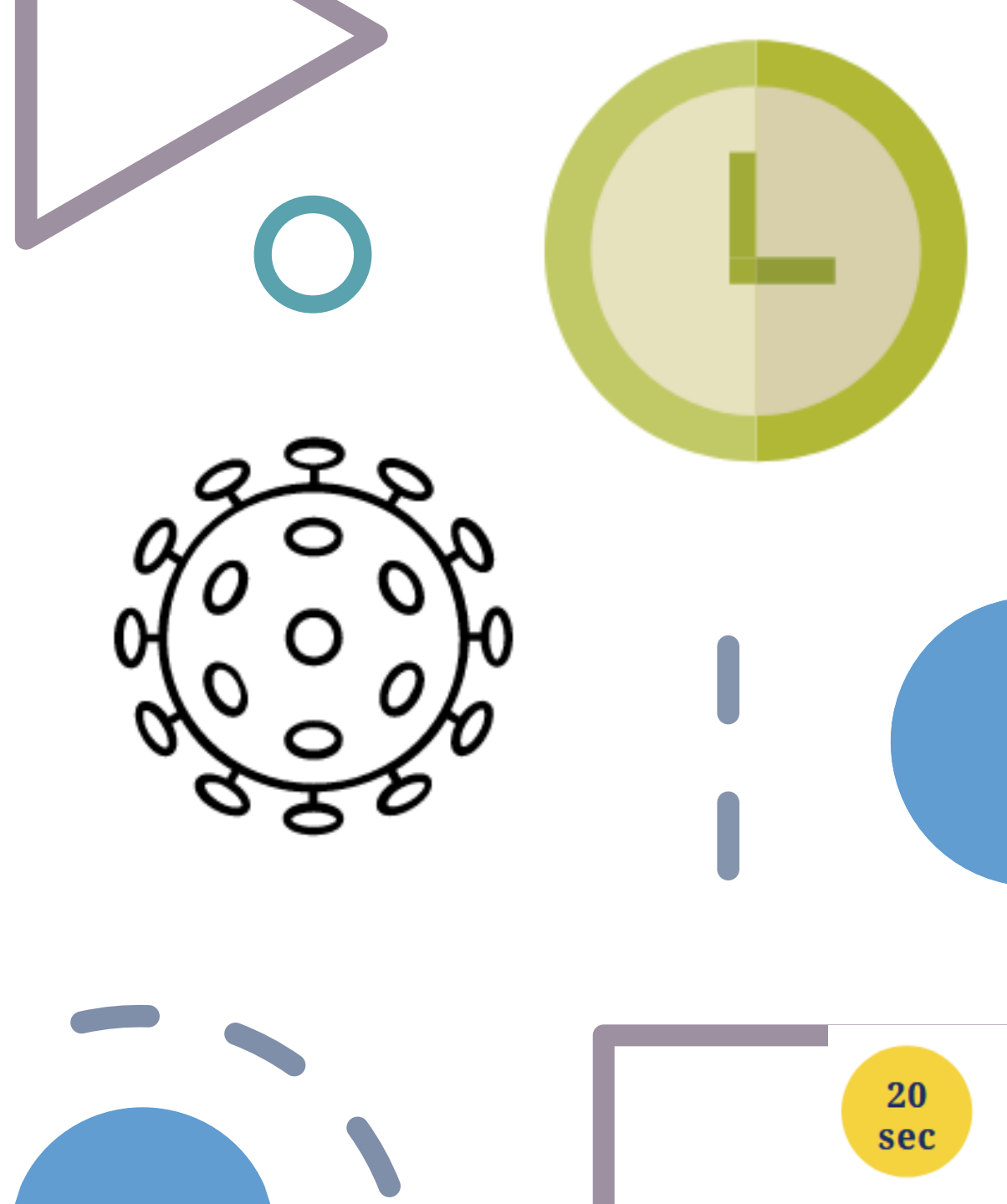
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There are a lots of different reasons why people with disabilities might get sick.

#COVID19 and disability

People with disability are at a greater risk of contracting coronavirus because of:

Physical barriers to access hygiene facilities

Need to touch things

Difficulty in enacting social distancing

Difficulty accessing information

World Health Organization

#coronavirus

People's age might make them more vulnerable. Anyone who is 70 or older should be extra careful to not catch COVID-19.

How do I decide if it's safe to go out or not?

I need to think about **vulnerability** and **risk** when deciding whether to stay home, or go out in public.

What in my life might make me more **vulnerable**?

Are there lots of people who come into my home already?

Is it easier for me to get sick than for other people?

Do I catch colds easily?

If I get sick, is it worse for me than other people?

For example, if I already have trouble with my lungs then COVID-19 might feel worse for me than for others.

Am I over 70 years old?

I should think about other people in my life who might be vulnerable, too.

If I live with someone who is vulnerable I will need to be more careful to protect them.

If I want to visit my parents or grandparents I should be more careful so I can protect them.

I can talk with the people close to me to help me figure out what activities are safe.

If I feel like the rules are unfair, I can talk to my support staff or the supervisor at my location about how to advocate for changes.
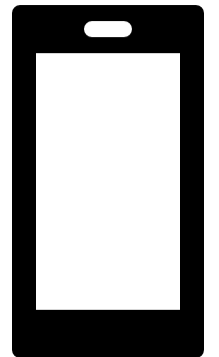
Talking about vulnerability, COVID-19, and the rules that are in place might make me feel different emotions.

It is *okay* to feel this way.

I can talk to those who are close to me about how I feel.

I will keep working hard to be safe:
Not touching my face, washing my hands,
keeping my distance, and wearing a mask when I
can.

I will keep learning about the rules public health makes because they might change again.

I have done a great job following public health rules and I know that I can continue to follow these rules to keep everyone safe.