

At Risk Groups

Older Adults COVID-19

Older adults, especially those with existing medical conditions (like heart disease, diabetes or lung disease), are at higher risk of getting very sick from COVID-19. Anyone that may be at a higher risk for serious illness from COVID-19 should take actions to reduce the risk of getting sick.

Limit the amount of interactions with everyone. Practice precautions and keep in communication (non-contact via telephone, email, text) with your caregiver and/or homecare worker. Find out what is required of you to help keep you safe and healthy.

**IT IS BEST THAT YOU STAY HOME AND LIMIT PHYSICAL CONTACT AS MUCH AS POSSIBLE WITH EVERYONE. PLEASE STAY SAFE!
YOU ARE NOT ALONE.**

Have Necessary Supplies Ready

- Ask your healthcare provider about receiving extra necessary medications in case you need to stay home for longer than usual.
- Have over-the-counter medicines and supplies (tissues, etc.) to treat fever and other symptoms.
- Have enough groceries and supplies on hand in case you need to stay home for an extended period of time. Be Aware that delivery options are available for most elderly and at risk.

Take Everyday Steps to Prevent Germs

- Follow preventative steps against germs
- Avoid crowds, especially in close environments.
- Do not travel staying home is strongly recommended. Staying home is best.

Have a Plan if You Get Sick

- Watch for symptoms and warning signs of COVID-19 and call your doctor if you experience fever, cough, and shortness of breath.
- Talk to your healthcare provider about monitoring symptoms.
- Have a communication plan to keep in contact with others if you become ill and need to ask for assistance.
- Know who can provide care if your regular caregiver is ill.

For Families and Caregivers

- Know what medications your loved ones take and see if you can help keep a supply on hand.
- Monitor food and medical supplies and create a back-up plan.
- Have a supply of non-perishable foods to minimize store trips.
- If you know someone living in a care facility, monitor the situation and ask about the facility's outbreak plans and protocols.



OLDER ADULTS AND PEOPLE WHO HAVE UNDERLYING CHRONIC MEDICAL CONDITIONS

such as heart or lung disease or diabetes

seem to be at higher risk for developing more serious complications from COVID-19 Please consult with your health care provider about additional steps you may be able to take to protect yourself.

1 HAVE SUPPLIES ON HAND



- Contact your healthcare provider to ask about necessary medications to have on hand in case there is an outbreak of COVID-19 in your community and you need to stay home for a prolonged period of time.
- If you cannot get extra medications, consider using mail-order for medications.
- Be sure you have over-the-counter medicines and medical supplies (tissues, etc.) to treat fever and other symptoms. Most people will be able to recover from COVID-19 at home.
- Have enough household items and groceries on hand so that you will be prepared to stay at home for a period of time.

2 TAKE EVERYDAY PRECAUTIONS



- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, or having been in a public place.
- If soap and water are not available, use a hand sanitizer
- Avoid touching your face, nose, eyes, etc.
- Clean and disinfect your home

3 AVOID CROWDS AND SICK PEOPLE AS MUCH AS POSSIBLE



Practice social distancing. Avoid being in close contact with those who are sick, including your loved ones.

4 AVOID CRUISE TRAVEL AND NON-ESSENTIAL AIR TRAVEL



Older adults and travelers with underlying health issues should avoid situations that put them at increased risk for more severe disease. This entails avoiding crowded places, avoiding non-essential travel such as long plane trips, and especially avoiding embarking on cruise ships.

5 STAY HOME



During a COVID-19 outbreak in your community, stay home as much as possible to further reduce your risk of being exposed.

