Older Adults and COVID-19: Staying healthy during this stressful time

Older adults are more likely to react severely to COVID-19, due partly to weaker immune systems and having chronic conditions. **Stay informed to stay well!**

**Maintain emotional well-being**
- Continue to talk to family and friends who support you emotionally through telephone or Internet if you cannot see them in person
- Take a break from media, sleep well, go for a walk, and eat well

**Make a plan and discuss with family and friends**
- Create plans with family and friends for when you or someone you know becomes sick
- Designate an emergency contact and discuss plans with that person

**Prepare in case you need to stay home**
- Make sure you have access to several weeks of medications and supplies for yourself and people you live with
- Have essential materials like food, toiletries, and pet food to reduce the number of trips you have to make to the stores
- Find out what you can buy online and how; ask family and friends for help if needed

**Symptoms to look out for:**
- If you develop these symptoms, call your doctor BEFORE going in to take a test
  - Fever, cough, or trouble breathing
- If you develop emergency warning signs for COVID-19 receive medical attention immediately. These include (not a conclusive list):
  - Difficulty breathing or shortness of breath
  - Persistent pain or pressure in the chest
  - New confusion or inability to arouse
  - Bluish lips or face
Some precautions you can take to protect yourself:

- Disinfect frequently used areas and objects with common household disinfectants
- Wash your hands for at least twenty seconds with soap and water or use hand sanitizer that is at least 60% alcohol
- Do not touch your eyes, nose and mouth
- Stay home if you are sick
- Avoid traveling into community unless necessary; avoid crowds, highly populated areas
- Practice physical distancing, 6-feet away from others

Stay informed:

- Get information from reliable sources like the CDC and health departments
- Call your health care providers to receive advice and avoid self-medicating
- Use a face mask if recommended

Resources:

- Public hotline for questions: Dial 211 or visit 211.org
- Guidance for Older Adults (Centers for Disease Control and Prevention: CDC): https://www.cdc.gov/aging/covid19-guidance.html
- Administration for Community Living website: https://acl.gov/COVID-19