



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>
- Social Distancing Guide (Gerontological Society of America): https://www.geron.org/images/navp/Social_Distancing_GSA_NAVP.pdf
- Manage Anxiety and Stress Due to COVID-19 Pandemic (CDC): <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- Administration for Community Living website: <https://acl.gov/COVID-19>
- National Council on Aging: <https://www.ncoa.org/blog/coronavirus-what-older-adults-need-to-know/>



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