

# What Seniors Need to Know About: CORONAVIRUS (COVID-19)



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## Who is at Higher Risk?

**Older adults** and people who have **severe chronic medical conditions** like lung, heart, or kidney disease seem to be **at higher risk for serious coronavirus illness**. It is especially important for you to **take actions to reduce your risk of exposure** if you are at higher risk.

For further information visit [health.mypgc.us/coronavirus](https://health.mypgc.us/coronavirus) or call (301) 883-6627.

## CURRENT CDC GUIDELINES For Those At Higher Risk:



**Stay at home** as much as possible.



In public, keep away from others who are sick, **and wash your hands often**.



**Avoid crowds.**



Have access to several weeks of **medications and supplies**.



Stay up to date on **CDC Travel Health Notices**.

## Take Everyday, Preventative Actions



Wash your hands for **20 seconds** or sing the Happy Birthday Song, **especially** after blowing your nose, coughing, sneezing or having been in a public place.



Use **soap and water**. If soap is **not** available, use **hand sanitizer** with at least 60 percent alcohol.



Avoid touching your face, nose and eyes.



If you go out in public, **keep your distance** from others who are sick, wash your hands often.



Consider ways of **safely getting food brought to your house** through family, social, or commercial networks.

## Plan Ahead in Case You Get Sick



Stay in touch with others.



Develop a contact list of friends, family, neighbors, community health workers, etc.



Determine who can provide you with care if your caregiver gets sick.



Listen to your body. If you are feeling sick, stay home and call your health care provider.



## Family and Caregiver Support

- Know what medications your loved one is taking and help them prepare to have extra on hand.
- Monitor food and essential medical supplies needed and create a back-up plan.
- If you care for a loved one living in a care facility, monitor the situation, ask about the health of the other residents frequently and know the protocol if there is an outbreak.



## What To Do If You Get Sick

### STAY HOME

- **Call your health care provider**, let them know about your symptoms. They will assess if you need testing and provide next steps for care.