

COVID-19 INFORMATION FOR OLDER ADULTS

WHO IS AT HIGHER RISK?

Some people are at higher risk of getting very sick from this illness. This includes:

- **People 65 years and older**
- **People who have serious chronic medical conditions** like heart disease, diabetes or lung disease
- People who have compromised immune systems

REMAIN AT HOME UNTIL FURTHER GUIDANCE IS GIVEN

- Cancel any non-essential outings, travel, appointments, etc.
- For routine medical care, contact your health care provider to discuss rescheduling. Otherwise, discuss other ways of getting services, such as phone appointments or in-home care.
- If you need medical care, call first and then visit your provider to get the necessary care. If you have an emergency and need immediate medical care, call 9-1-1.
- As long as you practice social distancing, we encourage you to **continue your outdoor activities** such as walks, runs and yardwork, to the extent your health allows it.



PRACTICE SOCIAL DISTANCING

- Maintain distance, at least six feet, between yourself and others.
- Avoid handshaking, hugging or other intimate types of greeting.

STAY IN TOUCH WITH OTHERS BY PHONE, EMAIL, OR OTHER ON-LINE TOOLS (LIKE SKYPE AND FACEBOOK)

- Ask friends, family, neighbors, and other networks to do essential grocery shopping, picking up medications, etc. Consider on-line ordering for things you need.
- Ask for help from friends, family, neighbors, community health workers, etc. if you become sick.
- Identify friends, family, neighbors, and other networks who can provide you with care if your caregiver gets sick or adjusts their scheduled services.



IDENTIFY FAMILY, FRIENDS, NEIGHBORS, AND CAREGIVERS WHO CAN PROVIDE SUPPORT

- Family, friends, neighbors, and caregivers who come to your home to provide support should be asymptomatic, meaning having no fever, cough, or other respiratory symptoms.
- Family, friends, neighbors, and caregivers can provide support by knowing what medications loved ones or clients are taking and seeing if they can help them have extra on hand; monitoring food and medical supplies (oxygen, incontinence, dialysis, and wound care) needed and creating a back-up plan; and stocking up on non-perishable food items for them to have on hand in their home.



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.
- **Avoid touching your face**, nose, eyes, etc.
- Cover your coughs and sneezes with a tissue or cough and sneeze into your elbow, not your hand.
- **Clean and disinfect** your home to remove germs: do regular cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones).



HAVE SUPPLIES ON HAND

- **Contact your healthcare provider to ask about getting extra necessary medications** to have on hand in case 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.

WATCH FOR SYMPTOMS AND EMERGENCY WARNING SIGNS

- **Pay attention for potential COVID-19 symptoms** including, fever, cough, and shortness of breath. If you feel like you are developing symptoms, call your doctor.
- If you develop emergency warning signs for COVID-19 get medical attention immediately. In adults, emergency warning signs include:
 - Difficulty breathing or shortness of breath
 - Persistent pain or pressure in the chest
 - New confusion or inability to arouse
 - Bluish lips or face

WHAT TO DO IF YOU GET SICK

- **Stay home and call your doctor.**
- Call your healthcare provider and let them know about your symptoms. Tell them that you think you may have COVID-19. This will help them take care of you and keep other people from getting infected or exposed.
- If you are not sick enough to be hospitalized, you can recover at home. Follow CDC instructions for how to take care of yourself at home (<https://www.cdc.gov/coronavirus>).

WHO TO CONTACT FOR COVID-19 INFORMATION & HELP

- 2-1-1 San Joaquin
<https://www.211sj.org/>
- San Joaquin County Public Health Services
<http://www.sjcphs.org/>
- San Joaquin County Aging and Community Services
209-468-1104
<http://www.sjchsa.org/Services/Aging-and-Community-Services>

