

# 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>

