COVID-19 Guidance

At-Risk Groups: Older Adults

Information out of areas heavily affected by COVID-19 shows that older adults, especially those with chronic medical conditions (like heart disease, diabetes or lung disease), are at higher risk of getting very sick from the illness. Anyone that may be at a higher risk for serious illness from COVID-19 should take actions to reduce the risk of getting sick.

Have Necessary Supplies Ready
- Ask your healthcare provider about receiving extra necessary medications in case you need to stay home for longer than usual.
- Have over-the-counter medicines and supplies (tissues, etc.) to treat fever and other symptoms.
- Have enough groceries and necessities on hand in case you need to stay home for an extended period of time.

Take Everyday Steps to Prevent Germs
- Follow preventative steps against germs (see back).
- Avoid large gatherings such as religious services and sporting events.
- Avoid non-essential travel, including air travel, but especially avoid travel on cruise ships.

Have a Plan if You Get Sick
- Watch for symptoms and warning signs of COVID-19 and call your doctor if you experience fever, cough, and shortness of breath.
- Talk to your healthcare provider about monitoring symptoms.
- Have a communication plan to keep in contact with others if you become ill and need to ask for assistance.
- Know who can provide care if your regular caregiver is ill.

For Families and Caregivers
- Know what medications your loved ones take and see if you can help keep a supply on hand.
- Monitor food and medical supplies and create a back-up plan.
- Have a supply of non-perishable foods to minimize store trips.
- If you know someone living in a care facility, monitor the situation and ask about the facility’s outbreak plans and protocols.
Stay home when you are sick, except to get medical care.

Wash your hands often with soap and water for at least 20 seconds.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Clean and disinfect frequently touched objects and surfaces.

Avoid close contact with people who are sick.

Avoid touching your eyes, nose, and mouth.

For more information: www.cdc.gov/COVID19