

# COVID-19 GUIDANCE: **OLDER ADULTS**

## IMPORTANT CONSIDERATIONS

**Older adults, especially those with existing medical conditions** (like heart disease, diabetes or lung disease), **are at higher risk of getting very sick from COVID-19. Anyone** that maybe **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 supplies 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 crowds, especially in close environments.
  - Avoid non-essential travel, including air travel, but especially avoid travel on cruise ships.
- Visit [wwwnc.cdc.gov/travel/notices](http://wwwnc.cdc.gov/travel/notices) for up-to-date notices.



### HAVE A PLAN IF YOU GET SICK

- Watch for symptoms + warning signs of COVID-19 and call your doctor if you experience fever, cough, 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 + see if you can help keep a supply on hand.
- Monitor food + 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 + ask about the facility's outbreak plans and protocols.

For more information: [dph.georgia.gov/novelcoronavirus](http://dph.georgia.gov/novelcoronavirus)  
[cdc.gov/coronavirus/2019-ncov/index.html](http://cdc.gov/coronavirus/2019-ncov/index.html)