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 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