

# At Risk Groups Older Adults

# COVID-19 Guidance

**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 may be at a higher risk for serious illness from COVID-19 should take actions to reduce the risk of getting sick.



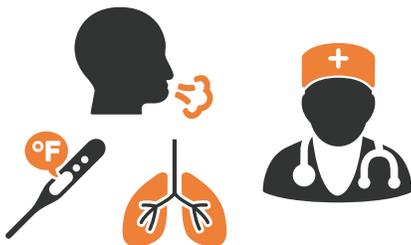
## Have Necessary Supplies Ready

- 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 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 <https://wwwnc.cdc.gov/travel/notices> for up-to-date notices.



## 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, 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.

How to prevent the spread of:

# CORONAVIRUS DISEASE 2019 (COVID-19)

## INFECTION PREVENTION STEPS

- ✓ **Wash your hands often** with soap + water.
- ✓ **Avoid touching** your **eyes, nose + mouth** with unwashed hands.
- ✓ **Cover** your **cough or sneeze** with a tissue, then **throw the tissue** in the trash.
- ✓ **Avoid close contact** with people **who are sick**.
- ✓ **Get a flu shot!**
- ✓ **Clean + disinfect frequently touched objects and surfaces** such as counters, door knobs, desks, keyboards, tablets and phones.

Keeping hands clean is one of the most important things we can do to stop the spread of respiratory illnesses like flu and COVID-19.



1

USE SOAP



2

PALM TO PALM



3

BACK OF HANDS



4

FINGERS INTERLACED



5

BASE OF THUMBS



6

FINGERNAILS



7

WRISTS



8

RINSE HANDS



9

DRY HANDS

### PROPER HANDWASHING TIPS

- Wash hands thoroughly with soap + warm water.
- Wash for 20-30 seconds or sing "Happy Birthday" two times through.
- Soap and warm water are the best way to clean your hands, but if they aren't available, use an alcohol-based hand sanitizer, that contains at least 60% alcohol.

### HOW TO USE HAND SANITIZERS

- Apply the sanitizer to the **palm of one hand** (follow label directions on how much to use).
- Rub hands together.
- Rub the sanitizer over **all the surfaces of your hands + fingers** until your hands are dry.

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