



COVID-19 & OLDER ADULTS

Coronavirus (COVID-19) is a novel disease that we are learning more about each day. Research shows that adults age 65 and older are at a higher risk for contracting COVID-19 and other illnesses. Here are a few guidelines to follow in order to keep you and your loved ones safe.

WHAT YOU CAN DO

If you have a serious underlying medical condition:

- Stay home if possible.
- Wash your hands often.
- Avoid close contact (maintain a 6 feet distance, which is about two arm lengths) with people who are sick or have been exposed to someone who is sick.
- Clean and disinfect frequently touched services.
- Avoid all cruise travel and non-essential air travel.

Contact your healthcare provider if you are sick or have concerns about COVID-19.

For more information on steps you can take to protect yourself and others, visit www.cdc.gov.

REFERENCES

National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases
CDC. 2020, March 21. Coronavirus Disease 2019 (COVID-19). <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications/older-adults.html>

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