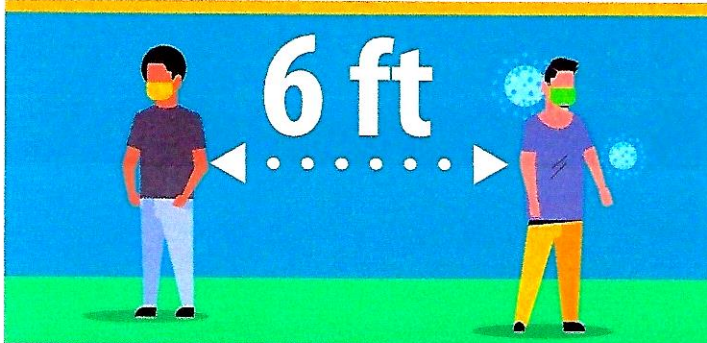


Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



**Stay at least 6 feet
(about 2 arms' length)
from other people.**



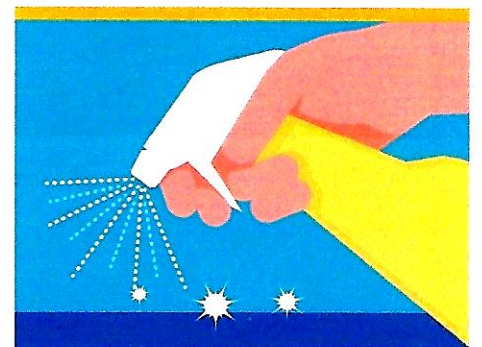
**Cover your cough or sneeze with a
tissue, then throw the tissue in the
trash and wash your hands.**



**When in public, wear a
cloth face covering over
your nose and mouth.**



**Do not touch your
eyes, nose, and mouth.**



**Clean and disinfect
frequently touched
objects and surfaces.**



**Stay home when you are sick,
except to get medical care.**



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



cdc.gov/coronavirus

SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

FEVER



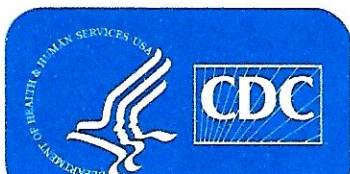
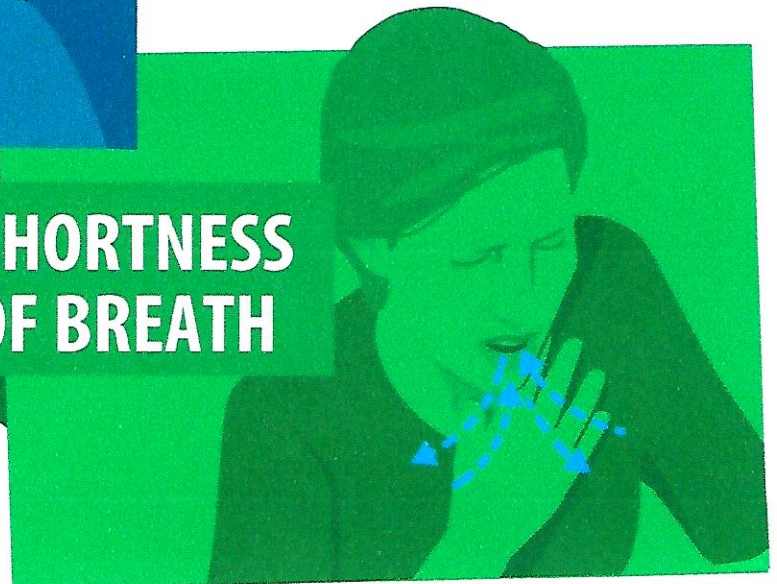
COUGH



***Symptoms may appear 2-14 days after exposure.**

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

SHORTNESS OF BREATH



For more information: www.cdc.gov/COVID19-symptoms

Take everyday precautions



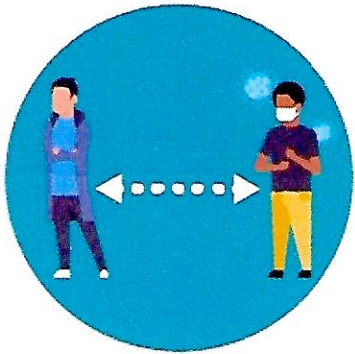
Avoid close contact with people who are sick.

Take everyday preventive actions:

- Clean your hands often
- **Wash your hands often** with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, or having been in a public place.
- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- **To the extent possible, avoid touching high-touch surfaces in public places** – elevator buttons, door handles, handrails, handshaking with people, etc. Use a tissue or your sleeve to cover your hand or finger if you must touch something.
- Wash your hands after touching surfaces in public places.
- **Avoid touching your face**, nose, eyes, etc.
- **Clean and disinfect** your home to remove germs: practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones)
- **Avoid crowds**, especially in poorly ventilated spaces. Your risk of exposure to respiratory viruses like COVID-19 may increase in crowded, closed-in settings with little air circulation if there are people in the crowd who are sick.
- **Avoid all non-essential travel** including plane trips, and especially avoid embarking on cruise ships.

See also: Protect Yourself

If COVID-19 is spreading in your community



Take extra measures to put distance between yourself and other people to further reduce your risk of being exposed to this new virus.

- **Stay home** as much as possible.
- **Consider ways of getting food brought to your house** through family, social, or commercial networks

If a COVID-19 outbreak happens in your community, it could last for a long time. (An outbreak is when a large number of people suddenly get sick.) Depending on how severe the outbreak is, public health officials may recommend community actions to reduce people's risk of being exposed to COVID-19. These actions can slow the spread and reduce the impact of disease.

Have a plan for if you get sick



- **Consult with your health care provider** for more information about monitoring your health for symptoms suggestive of COVID-19.
- **Stay in touch with others by phone or email.** You may need to ask for help from friends, family, neighbors, community health workers, etc. if you become sick.
- **Determine who can care for you** if your caregiver gets sick.

Watch for symptoms and emergency warning signs

- **Pay attention for potential COVID-19 symptoms** including, fever, cough, and shortness of breath. If you feel like you are developing symptoms, call your doctor.
- **If you develop emergency warning signs for COVID-19 get medical attention immediately.** In adults, emergency warning signs*:
 - Difficulty breathing or shortness of breath
 - Persistent pain or pressure in the chest
 - New confusion or inability to arouse
 - Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

What to do if you get sick

- **Stay home and call your doctor.**
- Call your healthcare provider and let them know about your symptoms. Tell them that you have or may have COVID-19. This will help them take care of you and keep other people from getting infected or exposed.
- If you are not sick enough to be hospitalized, you can recover at home. Follow CDC instructions for [how to take care of yourself at home](#).
- Know when to get emergency help.
- Get medical attention immediately if you have any of the emergency warning signs listed above.

See also: [What to Do If You Are Sick](#)

What others can do to support older adults

Community support for older adults

Have supplies on hand



- **Contact your healthcare provider to ask about obtaining extra necessary medications** to have on hand in case there is an outbreak of COVID-19 in your community and you need to stay home for a prolonged period of time.
- If you cannot get extra medications, consider using mail-order for medications.
- **Be sure you have over-the-counter medicines and medical supplies** (tissues, etc.) to treat fever and other symptoms. Most people will be able to recover from COVID-19 at home.
- **Have enough household items and groceries** on hand so that you will be prepared to stay at home for a period of time.

See also: [Get Your Home Ready](#)

- Community preparedness planning for COVID-19 should include older adults and people with disabilities, and the organizations that support them in their communities, to ensure their needs are taken into consideration.
 - Many of these individuals live in the community, and many depend on services and supports provided in their homes or in the community to maintain their health and independence.
- **Long-term care facilities should be vigilant** to prevent the introduction and spread of COVID-19. Information for long-term care facilities can be found [here](#).

Family and caregiver support

- **Know what medications your loved one is taking** and see if you can help them have extra on hand.
- **Monitor food and other medical supplies** (oxygen, incontinence, dialysis, wound care) needed and create a back-up plan.
- **Stock up on non-perishable food** to have on hand in your home to minimize trips to stores.
- If you care for a loved one living in a care facility, monitor the situation, ask about the health of the other residents frequently and know the protocol if there is an outbreak.

More info



Prevention and Treatment

COVID-19: What Older Adults Need to Know

Jay Butler, Deputy Director for Infectious Diseases at CDC, describes preventative measures to help protect older adults from COVID-19.

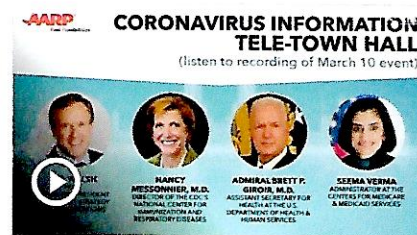


Get Your Household Ready



What to Do if You are Sick

AARP's Coronavirus Information Tele-Town Hall



CDC and other federal experts presented at an AARP tele-town hall event held on March 10, 2020 discussing prevention and care for older adults.

Coronavirus Disease 2019 (COVID-19)

If You Are at Higher Risk



Who is at higher risk?

Early information out of China, where COVID-19 first started, shows that some people are at higher risk of getting very sick from this illness. This includes:

- **Older adults**
- **People who have serious chronic medical conditions like:**
 - Heart disease
 - Diabetes
 - Lung disease

Get ready for COVID-19 now

Take actions to reduce your risk of getting sick



If you are at higher risk for serious illness from COVID-19 because of your age or because you have a serious long-term health problem, it is extra important for you to take actions to reduce your risk of getting sick with the disease.

- Stock up on supplies.
- **Take everyday precautions** to keep space between yourself and others.
- When you go out in public, keep away from others who are sick, limit close contact and wash your hands often.
- **Avoid crowds** as much as possible.
- **Avoid cruise travel** and non-essential air travel.
- **During a COVID-19 outbreak in your community, stay home** as much as possible to further reduce your risk of being exposed.