

# COVID-19: What Older Adults Need to Know



## Your Health Matters

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### Who is at Higher Risk?

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

If a COVID-19 outbreak happens in your community, it could last for a long time. 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.

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.

### What You Should Do

- Stock up on supplies
  - ◇ Extra medications
  - ◇ Over-the-counter medicines to treat fever and other symptoms
  - ◇ Enough household items and groceries to stay home for a period of time
- Take everyday precautions to keep space between yourself and others
- When you go out in public, keep away from others that are sick 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

### Get Ready Now

- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol
- Avoid touching high-touch surfaces in public places—elevator buttons, door handles, handrails, and handshaking with people. Use a tissue or your sleeve to cover your hand or finger if you must touch something
- Clean and disinfect your home to remove germs
- Consider ways of getting food brought to your house through family, social, or commercial networks
- [Have a plan](#) if you get sick
  - ◇ Consult with your health care provider for information about [monitoring your health for symptoms suggestive of COVID-19](#)
  - ◇ Stay in touch with others by phone or email
  - ◇ Determine who can provide you with care if your caregiver gets sick