COVID-19: What Older Adults Need to Know

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

The Westfield Regional Health Department is the contractual health agency serving Chatham Borough, Fanwood, Garwood, Mountainside, New Providence, Roselle Park, Summit, and Westfield