



COVID-19 Fact Sheet

Older Adults & Chronic Medical Conditions

As an older adult or person with chronic medical conditions, the following guidance can help you reduce your risk of getting sick from COVID-19.

General Guidance

- Avoid close contact with people who are sick.
- Wash your hands with soap and water for at least 20 seconds, especially after blowing your nose, coughing, sneezing, or if you have been in a public place.
- If not, use hand sanitizer that contains at least 60% alcohol.
- Avoid touching high-touch surfaces in public places and avoid touching your face.
- Clean and disinfect your home to remove germs.
- Avoid crowds, especially poorly ventilated spaces.
- Avoid all non-essential travel including plane trips and cruise ships.

If COVID-19 is spreading in your community

- Take extra precaution to distance yourself from others to further reduce your risk of being exposed to the virus.
 - Stay home as much as possible.
 - Consider getting food brought to you.
 - Avoid close physical contact with people who are sick.
- Stay in touch with others by phone and email.
- Determine who can take care of you if your caregiver gets sick.
- Call your healthcare provider or the Detroit Health Department at 313-876-4000 for more information.

Most people will be able to recover from COVID-19 at home, so have supplies on hand as a precaution.

Ask your healthcare provider about getting 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.

Have over-the-counter medicines and medical supplies (tissues) to treat fever and other symptoms.

Have extra groceries and other household items on hand.

If you are sick

- Stay home and call your doctor.
- Call your healthcare provider and let them know your symptoms. Tell them that you may have COVID-19, which will help them take care of you and keep other people from getting sick.
- If you are not sick enough to be hospitalized, you can recover at home.
- Notify your doctor if you have any of the following symptoms:
 - Fever

Older Adults & Chronic Medical Conditions cont.

- o Cough
- o Shortness of breath
- Call 9-1-1 if you have:
 - o Difficulty breathing or shortness of breath
 - o Persistent pain or pressure in your chest
 - o New confusion or difficulty staying awake/alert
 - o Bluish lips or face

Family & Caregivers of Older Adults

- 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 needed, such as oxygen, incontinence, dialysis or wound care, and create a back-up plan.
- Stock up on non-perishable food items to have on hand in your home to minimize trips to stores.
- If your loved one is living in a care facility, monitor the situation and ask about the health of other residents frequently and know the protocol if there is an outbreak.