

# COVID-19 for Older Adults

If you are at higher risk for serious illness from COVID-19 because of your age or 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

Get extra medications if needed. Have enough household items and groceries.



## Take precautions

Avoid close contact with people who are sick. Clean and disinfect your home to remove germs.



## Educate yourself

Get information from trusted sources - your local health department or the CDC.



## Avoid crowds

Avoid close contact with groups of people, especially in poorly ventilated space.



## Avoid major travel

Avoid cruise travel and non-essential air travel.



## Stay home

Stay home as much as possible to reduce risk of exposure.



## Wash your hands

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



## Limit contact

If you must go in public, keep away from those who are sick, and limit contact.

## What to do if you feel ill?

**1** Stay home and call your local health care provider.

**2** Provide information on your chronic condition and list symptoms.

## Trusted sources of information on COVID-19

The Centers for Disease Control and Prevention | [www.cdc.gov](http://www.cdc.gov)

State of Michigan | [www.michigan.gov/coronavirus](http://www.michigan.gov/coronavirus)

Macomb County Health Department | [health.macombgov.org](http://health.macombgov.org)

Local news stations