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
State of Michigan | www.michigan.gov/coronavirus
Macomb County Health Department | health.macombgov.org
Local news stations