Health and Safety for Older Adults During COVID-19

People 65 and older are more likely to have serious consequences if they contract the COVID-19 virus. While the illness can affect people of all ages, our immune systems change as we age, making it harder for some individuals to fight off illness. We also all carry the risk of having underlying health conditions as we age.

Many states and communities have implemented community actions designed to reduce exposures to COVID-19 and slow the spread of the disease, such as social distancing and quarantine measures.

How can we protect ourselves?

Focus on Prevention

- Avoid close contact with people who are sick, stay 6+ feet away from all people if at all possible.

- Stay home when you are sick, except to get medical care.

- Cover your coughs and sneezes with a tissue.

- Clean frequently touched surfaces and objects daily.

- Wash your hands often with soap and water for at least 20 seconds, frequently throughout the day, especially if you have gone out or had contact with others or objects others have touched.

The Centers for Disease Control recommends creating a household plan that includes:

- Talking with the people who need to be included in your plan- discuss what you will do if/ when an outbreak occurs in your community or building.

- Identify aid organizations in your community- get a list together so you know who to contact for help or questions.

- Get to know your neighbors- they can help with errands to avoid exposure or help you seek medical care if needed.

- Create an emergency contact list- have it ready and accessible.

What if I get sick?

Immediately notify your medical provider, or a staff member if you live in assisted living, and keep distant from others.

Where to learn more?

Minnesota Depart of Health: Coronavirus Disease 2019 (COVID-19)

Centers for Disease Control: COVID-19 Guidance for Older Adults