



# SAFETY MEASURES TO REDUCE THE SPREAD OF COVID-19

*Tips for older adults (especially those at-risk) to help reduce exposure*

*No need to panic! Sharpen your defenses by practicing some simple precautions:*

## **TAKE PRECAUTIONS:**

- Cancel non-essential appointments
- Schedule telehealth sessions for appointments you can't miss
- Designate an emergency contact
- Wash your hands frequently (scrub for 20 seconds with soap and water)
- Use hand sanitizer when soap isn't available

## **TRAVEL (CDC advisories):**

- Avoid non-essential plane travel
- Avoid cruise ship vacations

## **DAILY ACTIVITIES:**

- Avoid public places where crowds may gather and poorly ventilated buildings where the risk of transmission is higher
  - ***If you need to isolate yourself:***
    - Remain in contact with family or friends, updating them on your condition
  - Keep several feet of distance from people
  - Wash your hands with soap after going in public
- \*Exercise caution. If temporarily opting out of your daily activities would reduce your anxiety, staying home might be in your best interest.*

## **STOCK UP ON ESSENTIALS:**

- Ensure you have enough groceries and household essentials to last you a prolonged period of time
- Consider mail ordering your prescriptions to have access to several weeks of medicines and supplies

## **WATCH FOR SYMPTOMS:**

COVID-19 symptoms include fever, cough, and shortness of breath. If you feel like you are developing symptoms, call your doctor. Some other symptoms include:

- Difficulty breathing or shortness of breath
- Fever
- Dry cough
- Persistent pain or pressure in the chest
- New confusion or difficulty to awaken
- Bluish lips or face

*\*This list is not all inclusive. Consult your medical provider for any other symptom that is severe or concerning.*

## **IF YOU THINK YOU'RE SICK:**

- Call your doctor before going in for a test
- Avoid using public transportation
- **Call IDPH for more information**  
**1-800-889-3931**

**Remember to check in on your older family member, friend, or neighbor!  
Communicate with them during this time and monitor their health.**