

Coronavirus (COVID-19)

Guidance for Helping Older Adults



Dayton &
Montgomery
County

Public Health
Prevent. Promote. Protect.

Public Health Advisory

Older Adults Should Take Preventive Actions

- Adults 65 and older and those with chronic medical conditions such as heart disease, diabetes and lung disease should stay home if possible and only go out if absolutely necessary. Family and friends should communicate on a regular basis and make sure older adults stay informed and have everything they need to stay healthy and safe.
- If you must go out, take everyday preventive actions:
 - Clean hands often.
 - Wash hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, or having been in a public place.
 - If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
 - If possible, avoid touching high-touch surfaces in public places – elevator buttons, door handles, handrails, handshaking with people, etc. Use a tissue or your sleeve to cover your hand or finger if you must touch something.
 - Avoid touching your face, nose, eyes, etc.
 - Clean and disinfect your home to remove germs: practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones).
 - Avoid crowds, especially in poorly ventilated spaces. Your risk of exposure to respiratory viruses like COVID-19 may increase in crowded, closed-in settings with little air circulation if there are people in the crowd who are sick.
 - Avoid all non-essential travel including plane trips, and especially avoid embarking on cruise ships.

Have Adequate Supplies on Hand

- A 2-week supply of food and water (canned goods are a good idea).
- Adequate supplies of all prescription drugs. Contact your healthcare provider if you are concerned you may not have enough.
- Adequate supplies of non-prescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes (like Gatorade) and vitamins.
- Adequate supplies of paper products, toiletries, disinfectants and hand sanitizers.
- Family and friends should talk with older adults about the things they need and offer to help.

Have a Plan If Older Adults Get Sick

- Make sure they consult with their health care provider for more information about monitoring their health for symptoms suggestive of COVID-19.
- Stay in touch with others by phone or email. Make sure to provide any help that is needed if they become sick.
- Determine who can provide care for them if their caregiver gets sick.

Watch for Symptoms and Emergency Warning Signs

- Paying attention for potential COVID-19 symptoms including, fever, cough, and shortness of breath. If symptoms develop, call the doctor.
- If they develop emergency warning signs for COVID-19, get medical attention immediately - emergency warning signs include:
 - Difficulty breathing or shortness of breath.
 - Persistent pain or pressure in the chest.
 - New confusion or inability to arouse.
 - Bluish lips or face.
- Consult their medical provider for any other symptoms that are severe or concerning.

