

Tips for Elders and Their Caregivers about COVID-19 (Coronavirus)

People of all ages with heart disease, lung disease, diabetes, or cancer are at higher risk of getting very sick from COVID-19, the new virus also known as coronavirus. In addition, older adults are at greater risk because as they get older, it's harder for them to stay well.

Avoiding getting sick with COVID-19 is especially important for elders and people at higher risk.

How to keep Elders and others safe

(see other side of this page)

Stay at home. "Physical distancing" is recommended. This means keeping your family at home and away from others as much as possible.

- Try to stay 6 feet away from others, especially when outside of the home.
- Avoid gatherings with other people. This may include family too. Gatherings should be less than 10 people.
- When leaving the home to get food and supplies, send only one person to do the shopping.
- Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer.
- Avoid touching your eyes, nose, and mouth.
- Do not shake hands, hug, or touch others outside of your home.
- Sleep 7 to 9 hours a night to stay strong to fight sickness.
- Drink plenty of water and eat fruits and vegetables.
- Get outside for fresh air and exercise.
- Limit news and social media. Sometimes too much information causes anxiety and added stress.
- Clean and disinfect surfaces and items that are touched often, like door handles, sink handles, toilets, remote controls, phones, light switches, etc.

Activities to do with elders while staying safe

- Going outside for walking, gardening, hiking, stretching.
- Brain exercises and games like word searches, Sudoku, crossword puzzles.
- Relaxation, including breathing, meditation, praying.
- Reading books and magazines.
- Phone and video calls with family and friends.
- Listening to music.
- Finding ways to laugh.



What else should caregivers do?

The best protection for the people being cared for is for their caregivers to stay healthy. Caregivers should follow the guidelines to be safe and make sure others in the home are too, especially children and others who spend time with the elder.

Watch for symptoms (fever, cough, trouble breathing, headache, muscle pain, chills, sore throat, runny nose, diarrhea, nausea/vomiting) in everyone in the home. Separate anyone who is sick from others.

Practice self-care. It can be hard for caregivers to take care of themselves as well as others, but self-care is important.

- Relax, take deep breaths, stretch, or pray.
- Take part in sacred practices.
- Do activities you enjoy.
- Talk with loved ones and friends, share feelings and experiences.
- Try to stay hopeful and thinking positively. Write down things you are grateful for or that are going well.

If you have concerns, get help

Call your healthcare provider or local Indian Health Service unit with any concerns.

Ask your healthcare provider or pharmacist if prescriptions can be filled for a greater number of days to reduce how often trips are needed to the pharmacy.

For more information:
[CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)



JOHNS HOPKINS
CENTER FOR AMERICAN
INDIAN HEALTH

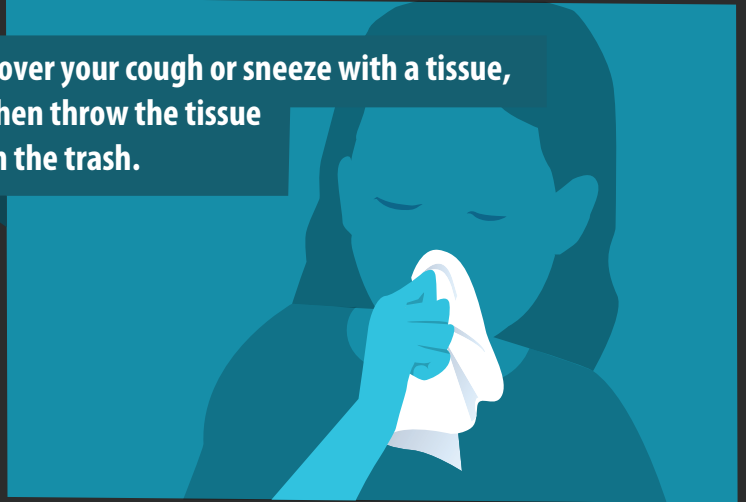
STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

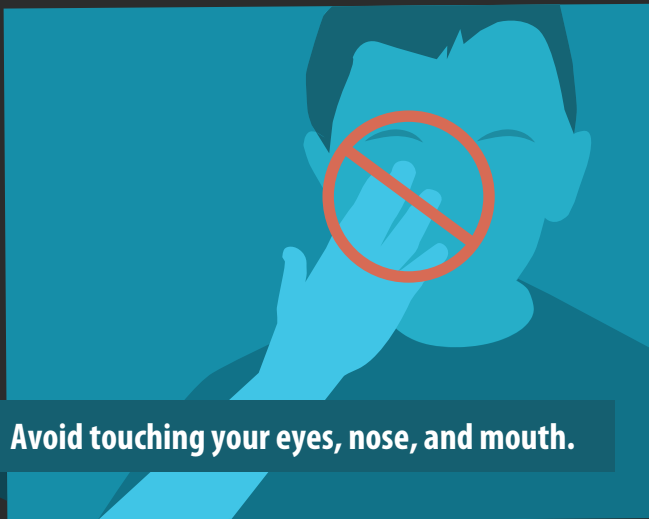
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



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



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



For more info: [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)