

# COVID-19 Facts for Older Adults



## Who is at Higher Risk?

Older adults and people who have severe chronic medical conditions like heart, lung, or kidney disease seem to be at higher risk for more serious COVID-19 illness.

- As people age, their immune systems change, making it harder for their body to fight off disease and infections.
- Underlying conditions make it harder to cope and recover.

## What To Do If You Are At Higher Risk?

- Stay at home as much as possible
- Make sure you have access to several weeks of medications and supplies in case you need to stay home for prolonged periods of time. Consider mail order for medications.
- Be sure to have over-the-counter medicine and supplies to treat fever and other symptoms.
- When you go out in public, keep away from others who are sick, limit close contact and wash your hands often. If soap and water is not available, use handsanitizer that contains at least 60% alcohol.
- Avoid crowds
- Avoid touching surfaces in public ie. door knobs, elevator buttons, light switches, hand rails, etc. and promptly wash your hands afterwards.
- Don't touch your face, nose, or eyes.
- Prepare enough household items and groceries on hand for a period of time. Consider ways of getting food brought to your house through family, social, or commercial networks if needed.
- Clean and disinfect your home to remove germs on faucets, door knobs, cell phones, remotes, etc.
- Stay up to date on CDC Travel Health Notices. Defer all cruise ship travel worldwide until further notice

## Symptoms of COVID-19

- Symptoms include fever, cough, and shortness of breath.

### Emergency Symptoms:

- Difficulty breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

## What to Do if You Get Sick

- Stay home and call your doctor. Let them know your symptoms, and that you may have COVID-19. Follow their instructions. If you are not sick enough, you can recover at home.
- Seek medical attention immediately if you have any of the emergency warning signs listed above.



**Public Health**  
Prevent. Promote. Protect.

**West Windsor Health  
Department  
609-936-8400**