8 out of 10 deaths from COVID-19 cases were adults 65 and older.

11-31% of adults 65 to 84 with COVID-19 are admitted into intensive care units.

31-59% of adults 65 to 84 with COVID-19 require hospitalization.
What Are the Symptoms?

Fever

Dry cough

Shortness of breath

Call your doctor if you are experiencing symptoms.
Steps to Stay Healthy!

**STAY HOME**
Take a break from news and media. Try different activities at home. Go outside and take walks. Stay active mentally and physically.

**WASH HANDS**
Use soap to wash your hands thoroughly for at least 20 seconds. Sing the ABCs or the chorus of your favorite song.

**AVOID TRAVEL**
Essential tasks like grocery shopping, doctor visits, or picking up prescriptions should be done for you if possible by friends, family, or local services.

**DISINFECT SURFACES**
Cleaning with disinfectant wipes prevents spread. High-touch surfaces to clean would be tables, doorknobs, light switches, remotes, handles of sinks and toilets, etc.

**AVOID THE SICK**
Regardless of age or exposure type, some people will not show symptoms of COVID-19. This makes it more important for you to stay away from those that may be carrying it or are actively sick.
What CAN I do?

- Learn a new skill!
- Start a garden!
- Do virtual museum tours!
- Use the internet to find stretch, workout or meditation videos to keep physically active!
- Finish crosswords or puzzles!
- Talk with family or friends over apps like Facetime, Skype, or Zoom!
- Take daily walks outside!