

COVID-19 (CORONAVIRUS DISEASE 2019)

Older Adult Risks & Precautions

The COVID-19 pandemic has the potential to cause severe illness in those 65 and older especially those with underlying health conditions. It is vital for older adults to understand their vulnerabilities and how to stay healthy!



31-59% of adults 65 to 84 with COVID-19 require hospitalization



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



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

What Are the Symptoms?



FEVER



DRY
COUGH



SHORTNESS OF
BREATH

**CALL YOUR DOCTOR IF YOU ARE
EXPERIENCING SYMPTOMS**

Sources:

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications/older-adults.html>

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html>

https://www.athensclarkecounty.com/DocumentCenter/View/67306/Second-Ordinance-Declaring-Local-Emergency-related-to-COVID-19--Shelter-in-Place-3-19-20-FINAL-CDO_202003192237350543?bidId=



College of Public Health
UNIVERSITY OF GEORGIA

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?

You may be thinking “With all these rules and restrictions, what CAN I do?” Staying positive and active while sheltering in place and social distancing can be difficult but not impossible. Here are some ideas on what you can do!

Learn a new skill!

Start a garden!

Finish crosswords or puzzles!

Do virtual museum tours!

Use the internet to find stretch, workout or meditation videos to keep physically active!

Take daily walks outside!

Talk with family or friends over apps like Facetime, Skype, or Zoom!

Sources:

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications/older-adults.html>

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html>

https://www.athensclarkecounty.com/DocumentCenter/View/67306/Second-Ordinance-Declaring-Local-Emergency-related-to-COVID-19--Shelter-in-Place-3-19-20-FINAL-CDO_202003192237350543?bidId=



College of Public Health
UNIVERSITY OF GEORGIA