

# COVID-19 & OLDER ADULTS

(CORONAVIRUS DISEASE 2019)



College of Public Health  
UNIVERSITY OF GEORGIA

# Older Adult Risks & Precautions



**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**

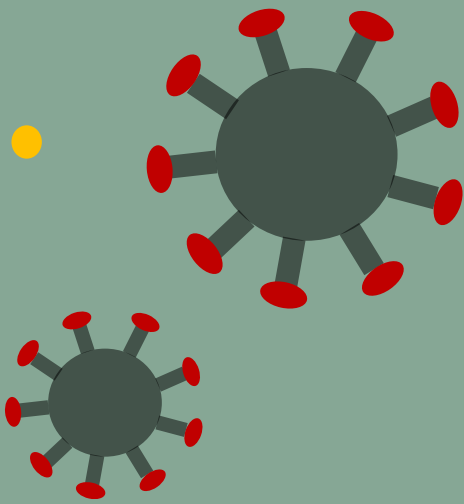


**SHORTNESS OF  
BREATH**

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



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# 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!

Finish crosswords or puzzles!

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

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

Take daily walks outside!

