



## INFORMATION FOR SENIORS AND INDIVIDUALS AT HIGHER RISK FROM CORONAVIRUS (COVID-19)

### **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.

### **Get ready for COVID-19 now:**

#### **Take everyday preventive actions**

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, or having been in a public place.
- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- To the extent possible, avoid touching high-touch surfaces in public places – elevator buttons, door handles, handrails, handshaking with people, etc. Use a tissue or your sleeve to cover your hand or finger if you must touch something.
- Avoid touching your face, nose, eyes, etc.
- Clean and disinfect your home to remove germs. Practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones)
- Avoid crowds.
- Avoid contact with people who are sick.
- Stay home if you are sick.

### **Have supplies:**

- Contact your healthcare provider to ask about obtaining extra necessary medications to have on hand in case there is an outbreak of COVID-19 in your community and you need to stay home for a prolonged period of time.



## **Have supplies continued....**

- If you cannot get extra medications, consider using mail-order for medications.
- Be sure you have over-the-counter medicines and medical supplies (tissues, etc.) to treat fever and other symptoms. Most people will be able to recover from COVID-19 at home.
- Have enough household supplies and groceries on hand so that you will be prepared to stay at home for a period of time.

## **If COVID-19 is spreading in your community, take extra measures to put distance between yourself and other people:**

- Make a plan for what to do if you get sick.
- Stay in touch with others by phone or email. You may need to ask for help from friends, family, neighbors, community health workers, etc. if you become sick.
- Determine who can provide you with care if your caregiver gets sick.
- Stay home as much as possible
- Consider ways of getting food brought to your house through family, social, or commercial networks
- Avoid crowds, especially in poorly ventilated spaces.

## **What to do if you get sick:**

If you are concerned that you have, or have been exposed to, 2019 Novel Coronavirus (COVID-19), please call the Florida Department of Health in Broward County at **954-412-7300** and your healthcare provider **before** traveling to any healthcare facility.

For any other questions related to COVID-19 in Florida, please contact the Florida Department of Health's dedicated COVID-19 Call Center by calling **1-866-779-6121** or emailing [COVID-19@flhealth.gov](mailto:COVID-19@flhealth.gov). **The Call Center is available 24 hours a day, seven days a week.**



# Coronavirus(COVID-19) General Prevention

[www.FloridaHealth.gov](http://www.FloridaHealth.gov)

If you are concerned that you have been exposed to COVID-19, please call your healthcare provider and the Florida Department of Health in Broward County at 954-412-7300 before visiting any healthcare facility.

Protect yourself from all infectious diseases by using the precautions.



Stay home when you are sick



Avoid contact with people who are sick



Get adequate sleep and eat well-balanced meals



Wash hands often with soap and water – 20 seconds or longer



Dry hands with a clean towel or air dry your hands



Avoid touching your eyes, nose, or mouth with unwashed hands or after touching surfaces



Cover your mouth with a tissue or sleeve when coughing or sneezing



Clean and disinfect “high touch” surfaces often



Call before visiting your doctor

Clean all “high-touch” surfaces every day.

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tables, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

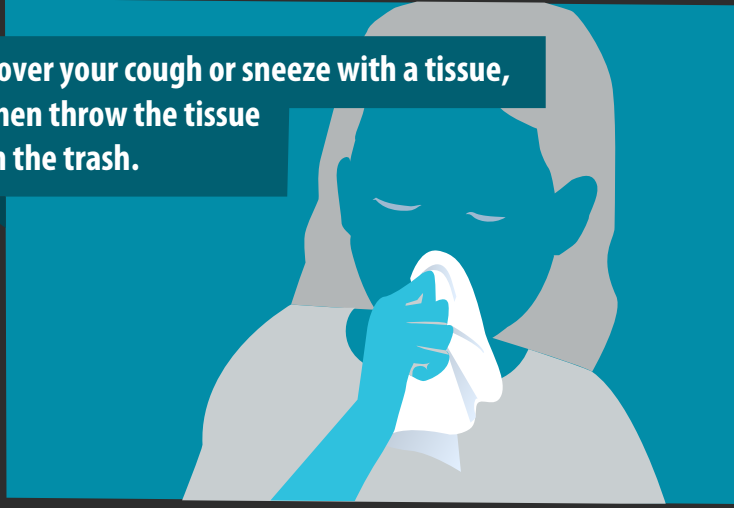
# STOP THE SPREAD OF GERMS

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

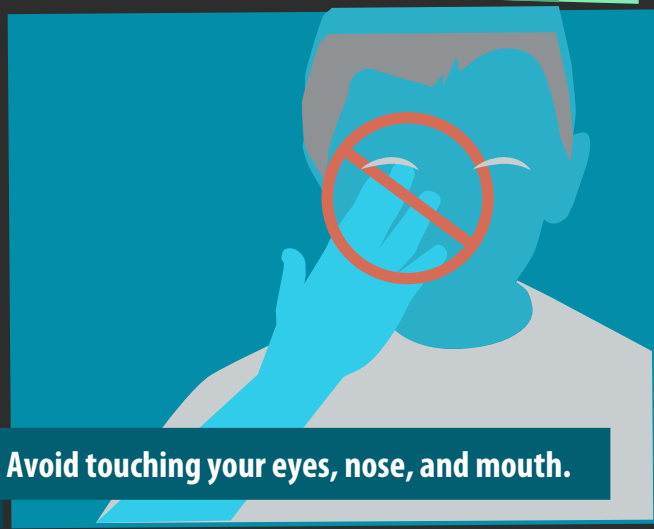
Avoid close contact with people who are sick.



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.



If you are concerned that you have been exposed to COVID-19, please call your healthcare provider and the Florida Department of Health in Broward County at 954-412-7300 before visiting any healthcare facility. [www.FloridaHealth.gov](http://www.FloridaHealth.gov), [www.cdc.gov/COVID-19-symptoms](http://www.cdc.gov/COVID-19-symptoms)