

COVID-19

Coronavirus Disease 2019

**ONE WAY YOU CAN HELP THE ELDERLY AND/OR
PEOPLE WITH UNDERLYING CONDITIONS
LIVING ALONE**



Check on them frequently,
preferably by phone given the
risk of transmission.



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ONE WAY YOU CAN HELP THE ELDERLY AND/OR PEOPLE WITH UNDERLYING CONDITIONS LIVING ALONE



If you visit them,
maintain a distance
of at least 1 meter and
avoid physical contact
(handshakes, hugs).



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TWO WAYS YOU CAN HELP THE ELDERLY AND/OR PEOPLE WITH UNDERLYING CONDITIONS LIVING ALONE



Buy groceries, supplies and medicines for them.



Make sure they have at least a month's stock of all their regular medicines in case they need to stay home.



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TWO WAYS YOU CAN HELP THE ELDERLY AND/OR PEOPLE WITH UNDERLYING CONDITIONS LIVING ALONE



Help them connect with doctors,
neighbors, friends and family if needed.



Remind them to wash their hands frequently,
keep objects and surfaces clean, and **avoid**
physical contact with those who are sick.



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TWO WAYS YOU CAN HELP THE ELDERLY AND/OR PEOPLE WITH UNDERLYING CONDITIONS LIVING ALONE



Make a plan in case they fall ill **and decide how transportation will be arranged to seek health care.**



Encourage them to maintain a healthy lifestyle: eat nutritious foods, get enough sleep, don't smoke, stay active and limit alcohol use.



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TWO WAYS YOU CAN HELP THE ELDERLY AND/OR PEOPLE WITH UNDERLYING CONDITIONS LIVING ALONE



Be kind and show empathy. Talk and listen to them. Help them cope with stress. Once the pandemic is over, you will hug again!



If your loved one is in a home for the elderly, **avoid visits. Use phone, video chat or email to keep in touch.**



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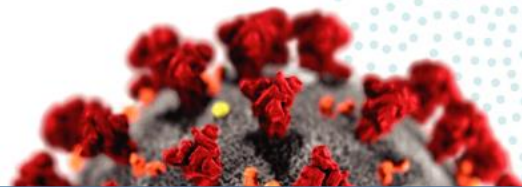
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**ONE WAY YOU CAN HELP THE ELDERLY AND/OR
PEOPLE WITH UNDERLYING CONDITIONS
LIVING WITH YOU**



**Monitor their health for
symptoms of COVID-19**, like fever,
cough, and difficulty breathing.



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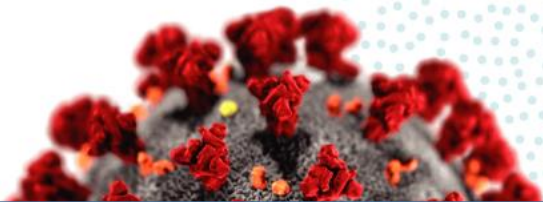
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**ONE WAY YOU CAN HELP THE ELDERLY AND/OR
PEOPLE WITH UNDERLYING CONDITIONS
LIVING WITH YOU**



If anyone in the household has symptoms, avoid physical contact and take heightened prevention measures.



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TWO WAYS YOU CAN HELP THE ELDERLY AND/OR PEOPLE WITH UNDERLYING CONDITIONS LIVING WITH YOU



If they have COVID-19 symptoms, contact a healthcare provider immediately.



Encourage them to maintain a healthy lifestyle: eat nutritious foods, get enough sleep, don't smoke, stay active and limit alcohol use.



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TWO WAYS YOU CAN HELP THE ELDERLY AND/OR PEOPLE WITH UNDERLYING CONDITIONS LIVING WITH YOU



Regularly clean and disinfect surfaces
and keep the house well ventilated.



Avoid sharing objects like glasses,
cutlery and towels.



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ONE WAY TO PREPARE AND PROTECT YOURSELF 60+ AND/OR LIVING WITH UNDERLYING CONDITIONS*



Wash your hands often with soap and water and regularly clean and disinfect surfaces.

*Adults over the age of 60 and immunocompromised people or those with underlying conditions, like high blood pressure, diabetes, cancer, and/or lung and heart diseases, are more at risk.



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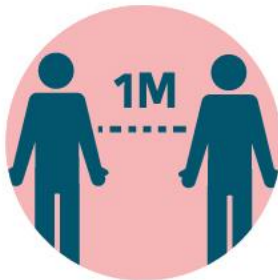
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TWO WAYS TO PREPARE AND PROTECT YOURSELF 60+ AND/OR LIVING WITH UNDERLYING CONDITIONS*



Adopt a healthy lifestyle to help your immune system: eat nutritious foods, get enough sleep, don't smoke, stay active and limit alcohol use.



Maintain a distance of at least 1 meter and avoid physical contact (handshakes, hugs, etc.) with other people.

*Adults over the age of 60 and immunocompromised people or those with underlying conditions, like high blood pressure, diabetes, cancer, and/or lung and heart diseases, are more at risk.



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TWO WAYS TO PREPARE AND PROTECT YOURSELF 60+ AND/OR LIVING WITH UNDERLYING CONDITIONS*



If COVID-19 is spreading in your community, stay home as much as possible. **Avoid going to church and other places with a lot of people.**



Make sure you have at least a month's supply of medicines in case you need to stay home. Plan on how to get more in case you need to stay at home longer.

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TWO WAYS TO PREPARE AND PROTECT YOURSELF 60+ AND/OR LIVING WITH UNDERLYING CONDITIONS*



Stay in close contact with your family, friends, or neighbors and make a plan on how you'll seek food and medical care if needed.



Familiarize yourself with COVID-19 symptoms, like fever, cough, and difficulty breathing, so you can quickly identify them if they appear.

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TWO WAYS TO PREPARE AND PROTECT YOURSELF 60+ AND/OR LIVING WITH UNDERLYING CONDITIONS*



If you show flu-like symptoms, **call the assigned phone number in your country or your health care provider immediately.**



Don't feel lonely. **Stay in touch with family and friends by phone, video chat, or email.**

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