

ADVICE FOR OLDER PEOPLE

HOW IT'S SPREAD

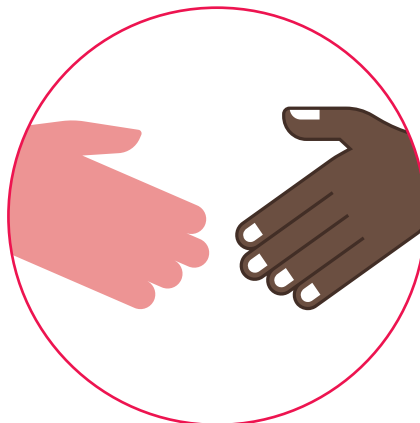
From person to person through small droplets when they cough or sneeze.
The virus can be passed by:



Breathing these droplets.

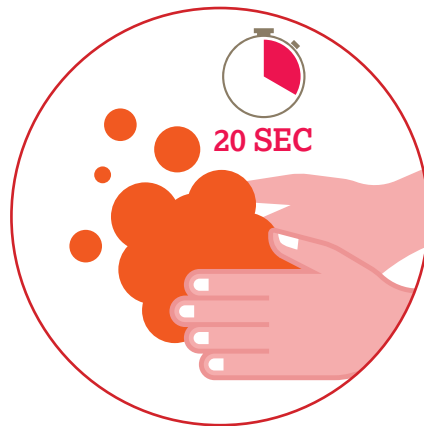


Touching surfaces where these droplets have landed and touching your eyes, nose and mouth.



Shaking hands with a person who has the virus and touching your eyes, nose and mouth.

PROTECT YOURSELF AND OTHERS



Regularly wash your hands with soap and water for at least 20 seconds



Don't touch your eyes, nose and mouth



Cough or sneeze into a tissue



If you don't have a tissue, cough or sneeze into your sleeve



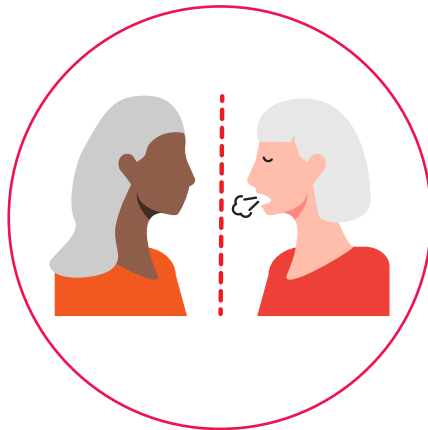
Put tissues in the bin



Stay at home as much as possible



Avoid big groups of people



Avoid contact with people who sneeze or cough



If you have other health conditions, make sure you have a longer supply of your medicines than usual



**Isolate at home if you feel unwell with a fever, cough or shortness of breath.
Ask friends, family or carers not to visit you**



Ask friends, family or carers for help with picking up medicines or food



If you feel unwell seek medical help

**For more advice visit
www.helpage.org/covid19-guidance-and-advice-for-older-people**