Coronavirus (COVID-19)

ADVICE FOR OLDER PEOPLE

COVID-19 is a serious illness that can make you very ill, especially if you have other health conditions, such as hypertension, diabetes and heart disease.

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

Wash your hands more often for 20 seconds or more. Use soap and water, or alcohol-based hand rub if soap and water are not available.

Stay away from other people as much as possible, by staying at home. If you have to go out, avoid big groups of people and stay at least two metres away from anyone coughing or sneezing.

Isolate yourself at home if you feel unwell with a fever, cough or shortness of breath. Ask your family, friends or carers not to visit unless absolutely necessary to deliver food or medicines, or to help with key tasks like getting dressed.

Avoid touching your eyes, nose and mouth.

If you have other health conditions continue to take your normal medication. Make sure you have a longer supply than usual.

If you feel unwell seek medical help. Find out in advance if your nearest health facility is accepting patients with potential COVID-19 or what you should do for testing and treatment.

Make sure you cough or sneeze into a tissue (or your sleeve if you don't have one). Put used tissues in the bin.

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

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