

Coronavirus (COVID-19)



If you or someone you care for is over age 50, has a disability or an underlying medical condition (such as heart, lung, or kidney disease, diabetes, cancer, and weak immune system), there is greater risk for serious illness from the coronavirus (COVID-19). While it is understandable to be concerned, it is important to focus on facts and preparation, not fear.

Ways to prevent illness:

- On March 19, 2020, California Governor Newsom issued a statewide Stay at Home Order for all individuals living in the state. The Order is in effect until further notice. Essential services such as pharmacies, grocery stores and banks will stay open.
- Seniors especially should not leave home.
- Keep a “social distance” of at least six feet from others.
- Avoid contact with people who are sick.
- Wash your hands often with soap and water for at least 20 seconds.
- Use a hand sanitizer with at least 60 percent alcohol.

- Cover your sneeze or cough with tissue, then throw it away and wash your hands.
- Avoid touching your eyes, nose and mouth.

If you feel sick:

- Stay home and rest.
- Do not visit older family members or friends.
- Do not visit senior residences or facilities.
- Check in with your older friends and family members often by phone, email, Skype or video-chat.
- Call a doctor or advice nurse before going to the hospital. Call 911 if you feel very sick.
- Keep medical providers’ contact numbers handy.

Prepare

- Make sure you have access to several weeks of medications and supplies in case you need to stay home for a prolonged period of time.
- Plan now for what you will do if you, or people you rely on for support, become ill.
- If you know an older adult who lives alone, reach out to them now to check in.

Sources: [Office of Governor Gavin Newsom](#), [Centers for Disease Control](#), [Administration for Community Living](#), [Contra Costa Health Services](#)