

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:

- Contra Costa Health Services (CCHS) recommends avoiding mass gatherings such as religious services, parades, sporting events, concerts or any event where others are “closer than arm’s length.”
- Stay at home as much as possible.
- 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.
- Avoid contact with people who are sick.

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.

- Masks are for sick people. CCHS advises there is no evidence that wearing a mask will prevent a healthy person from catching novel coronavirus.

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: [Centers for Disease Control](#),
[Administration for Community Living](#),
[Contra Costa Health Services](#)

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