

# ALERT

## COVID-19: WHAT OLDER ADULTS NEED TO KNOW

**COVID-19** (or novel Coronavirus) is a virus that is spreading in our community. It can cause fever, cough, and breathing problems.

Some people are at higher risk of becoming very sick if they catch COVID-19:

- Older adults 60 years and above
- People with diabetes, heart disease, lung problems, cancer or other chronic health conditions

### HOW TO STAY SAFE:

**SHELTER IN PLACE:** Starting 3/17/2020, the Alameda County Health Officer has ordered all residents to stay at home except to get medical care, food, or necessary supplies. **\*\*People at high risk should stay at home unless they need urgent medical care. Ask others to get food and supplies.\*\***

- Follow public health advice to stay safe and healthy. Be calm and prepared
- Stay informed. Every day things are changing. Get reliable and updated news daily
- Practice "social distancing" -- keep at least 6 feet of space between yourself and others if you must go outside & avoid people who are sick



- Wash your hands with soap often for 20 seconds
- Try not to touch your face
- Cover your cough or sneeze
- Clean your home with disinfectants
- Keep a supply of food and needed supplies
- Keep a 30-day supply of medicines



## HOW TO STAY CONNECTED:

- Check in with family, friends, neighbors, or trusted supports by phone or email
- If you feel worried or alone, call the Friendship Line for emotional support:  
800-971-0016
- Call your doctor or clinic if you have a fever or chills, cough, or shortness of breath.  
Follow their instructions carefully
- Call 911 if you have difficulty breathing, have chest pain, or feel confused

## RESOURCES:

- **Alameda County Public Health Department**

Email: [OlderAdultCOVID19@acgov.org](mailto:OlderAdultCOVID19@acgov.org)  
[www.acphd.org/2019-ncov.aspx](http://www.acphd.org/2019-ncov.aspx)

- **Centers for Disease Control and Prevention (CDC)**

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>