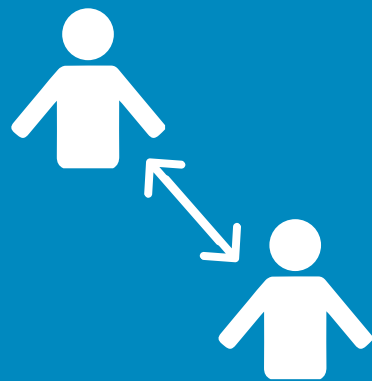


# WHAT CAN YOU DO TO HELP THE ELDERLY?

Take these simple steps to support your family and others during the COVID-19 outbreak

## PRACTICE SOCIAL DISTANCING

Even if you are not considered high risk for COVID-19, you can still affect those who are. Take it seriously, stay at least 6 feet away from others and stay home as much as possible to reduce the likelihood of spreading the virus to others.



## FOLLOW RECOMMENDATIONS TO REDUCE RISK



- Wash your hands for at least 20 seconds
- Use hand sanitizer (with at least 60% alcohol)
- Avoid touching your eyes, nose, and mouth
- Clean and disinfect frequently touched surfaces and objects in your home
- Avoid crowds and gatherings if more than 3 people
- Avoid touching high-touch surfaces in public places

## LEND A HAND

Offer to buy groceries and necessary items for your elderly loved ones or neighbors. This can include over-the-counter medication, medical supplies like tissues, and other essential items. This limits their need to go to the store and exposure to others. Consider dropping items off at the home to reduce contact.



## MONITOR MEDICAL SUPPLIES



Make sure they have enough resources to last several weeks for pre-existing conditions. This includes oxygen, incontinence, wound care, etc. Create a backup plan just in case.

## STAY IN TOUCH

Many older people in the community might live alone. Check in with your loved ones and neighbors over the phone or online to see how they're doing and make sure they're doing ok.



For more information and recommendations visit [www.cdc.gov](https://www.cdc.gov)

**Alzheimer's**  
ORANGE COUNTY