



INFORMATION FOR SENIORS AND INDIVIDUALS AT HIGHER RISK FROM CORONAVIRUS (COVID-19)

Who is at higher risk:

Older adults and people who have severe chronic medical conditions like heart, lung or kidney disease seem to be at higher risk for more serious COVID-19 illness.

Get ready for COVID-19 now:

Take everyday preventive actions

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, or having been in a public place.
- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- To the extent possible, avoid touching high-touch surfaces in public places – elevator buttons, door handles, handrails, handshaking with people, etc. Use a tissue or your sleeve to cover your hand or finger if you must touch something.
- Avoid touching your face, nose, eyes, etc.
- Clean and disinfect your home to remove germs. Practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones)
- Avoid crowds.
- Avoid contact with people who are sick.
- Stay home if you are sick.

Have supplies:

- Contact your healthcare provider to ask about obtaining extra necessary medications to have on hand in case there is an outbreak of COVID-19
- in your community and you need to stay home for a prolonged period of time.



Have supplies contined....

- If you cannot get extra medications, consider using mail-order for medications.
- Be sure you have over-the-counter medicines and medical supplies (tissues, etc.) to treat fever and other symptoms. Most people will be able to recover from COVID-19 at home.
- Have enough household supplies and groceries on hand so that you will be prepared to stay at home for a period of time.

If COVID-19 is spreading in your community, take extra measures to put distance between yourself and other people:

- Make a plan for what to do if you get sick.
- Stay in touch with others by phone or email. You may need to ask for help from friends, family, neighbors, community health workers, etc. if you become sick.
- Determine who can provide you with care if your caregiver gets sick.
- Stay home as much as possible
- Consider ways of getting food brought to your house through family, social, or commercial networks
- Avoid crowds, especially in poorly ventilated spaces.

What to do if you get sick:

If you are concerned that you have, or have been exposed to, 2019 Novel Coronavirus (COVID-19), please call the Florida Department of Health in Broward County at **954-412-7300** and your healthcare provider **before** traveling to any healthcare facility.

For any other questions related to COVID-19 in Florida, please contact the Florida Department of Health's dedicated COVID-19 Call Center by calling **1-866-779-6121** or emailing COVID-19@flhealth.gov. **The Call Center is available 24 hours a day, seven days a week.**