ADVICE FOR OLDER PEOPLE

HOW IT’S SPREAD
From person to person through small droplets when they cough or sneeze. The virus can be passed by:

Breathing these droplets.

Touching surfaces where these droplets have landed and touching your eyes, nose and mouth.

Shaking hands with a person who has the virus and touching your eyes, nose and mouth.
PROTECT YOURSELF AND OTHERS

Regularly wash your hands with soap and water for at least 20 seconds

Don’t touch your eyes, nose and mouth

Cough or sneeze into a tissue
If you don’t have a tissue, cough or sneeze into your sleeve

Put tissues in the bin

Stay at home as much as possible
Avoid big groups of people

Avoid contact with people who sneeze or cough

If you have other health conditions, make sure you have a longer supply of your medicines than usual
If you feel unwell seek medical help

Isolate at home if you feel unwell with a fever, cough or shortness of breath. Ask friends, family or carers not to visit you

Ask friends, family or carers for help with picking up medicines or food

If you feel unwell seek medical help

For more advice visit
www.helpage.org/covid19-guidance-and-advice-for-older-people