

COVID-19: Protecting the Elderly & At-Risk

How to be Prepared

Who is at Higher Risk?

COVID-19 infects people of all ages, but the following groups are the most at risk in developing a severe case:

- Older adults
- People who live in a shared living setting
- People of any age, who have underlying medical conditions, and have a weakened immune system

When to Seek Medical Attention

- If you become sick, call your Primary Care Provider (PCP) for instructions
- Seek immediate help when feeling emergency warning signs of shortness of breath, persistent chest pain, confusion, and bluish lips or face

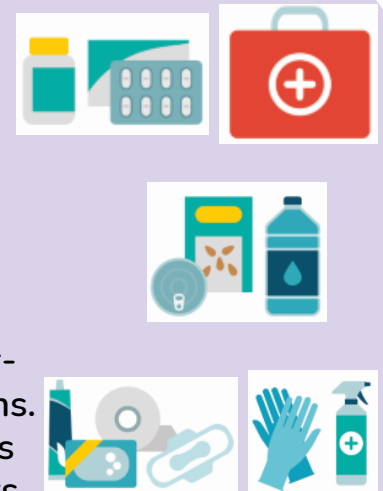


Take Everyday Precautions

- Practice good hand hygiene and avoid close contact by social distancing
- Wear a mask or cloth face covering when in a public setting
- Clean and disinfect high-touch surfaces.
- Avoid touching your face, eyes, nose, and mouth with unwashed hands
- Cover cough or sneeze with tissue, or cough or sneeze into elbow

Stock Up on Supplies

- Contact your healthcare providers to obtain extra prescription drugs using mail-order
- Prepare enough food to remain at home for an extended period of time
- Store other essential household items, including hygienic products, cleaning supplies, hand sanitizers, tissue paper, and toilet paper
- Keep a self-care kit at home with first aid, medical devices, such as blood pressure sphygmometer, glucometer, thermometer, and over-the-counter medications to treat wounds, fever, and other symptoms. Create a back-up plan for needed oxygen, incontinence, and dialysis
- Don't forget about your pets! Pick up extra animal supplies, e.g. toys, food, and medications



Stay Connected

- Remain calm and don't panic. Stay informed with the latest developments from local news outlets and updates from the CDC and WHO
- Keep in in touch with loved ones and ask for help when needed



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