

## TALLAHASSEE SENIOR SERVICES

### CORONAVIRUS (COVID-19) How to Protect Yourself and Others

#### Protecting Yourself

If a COVID-19 outbreak happens in your community it could last for a while and being prepared could help keep you safe and slow the spread of the disease. Stay informed and up to date with local reporting and take action daily before, during, and after the event to protect yourself and others.

- Avoid crowds and others who are sick. Stay home if you feel sick.
- If you must go out, wear a mask and try to stay at least six feet away from other people. Local resources for masks can be found at [masksfortally.com](https://masksfortally.com).
- Avoid touching your eyes, nose and mouth, wash your hands often. Wash your hands with soap and water for at least 20 seconds and use an alcohol-based hand sanitizer when soap and water are not available.
- Clean and disinfect frequently touched hard surfaces such as countertops, tables, chairs, doorknobs, light switches, remote controls, phones, handles, toilets, faucets and sinks.

**Seniors and those with underlying medical problems like high blood pressure, heart problems and diabetes are more likely to develop serious illness.**

[COVID-19 And Underlying Health Condition](#)

[COVID-19 And Lung Disease](#)

[COVID-19 and Heart Disease](#)

[COVID-19 And Diabetes](#)

#### Be Prepared in Case you Get COVID-19

Stay in touch with friends and family on a regular basis to ensure they are aware of your condition and needs.

- Make plans with a friend, neighbor, or family member who can check on you and help care for you if you become ill. You may need someone to pick up groceries and prescriptions for you, as well as prepare meals.
  - Have an emergency contact list in place.
  - Have a list of your daily medications, the time of day and how often you take them.
- Make sure you have enough supplies, try to maintain a couple weeks' worth of food and other necessities.
- Contact your doctor and ask about getting extra prescription medications to have on hand in case of a COVID-19 outbreak in your area.
  - If you cannot pick up extra medications, consider using a mail-order option. Additional information about Medicare and mail order prescriptions can be found [here](#).
  - Have over-the-counter medications and supplies on hand to treat fever and other symptoms. Many older adults will be able to recover from COVID-19 at home.
- Stay home as much as possible and try to avoid crowds as much as possible.
- Watch for symptoms and emergency warning signs; symptoms include fever, a dry cough and trouble breathing. If you feel like you are developing symptoms, contact your doctor first. If you get worsening symptoms, call 911 right away.

A more complete **Checklist for Older Adults** is available [here](#).

## Caregivers

Checking on a loved ones' needs, and wellbeing regularly and often can help to reduce the sense of social isolation and loneliness that often accompanies the current need for physical distancing. Connect virtually on a regular schedule. Encourage a positive mindset as well as adherence to a routine that includes regular exercise, meditation and a balanced healthy diet.

- Review your loved ones' COVID-19 plan, and stock up food pantry items and medical supplies such as oxygen, incontinence supplies, dialysis and wound care supplies.
- Know what medications they take and do what you can to ensure they have extra medication on hand.
- Identify alternatives, such as telehealth, to ensure your loved one can continue to receive regular care without increasing their risk of contracting COVID-19.
- Also, be sure to attend to your own needs as well. Maintaining physical and mental health can help to reduce stress and anxiety.

More information on combatting loneliness can be found [here](#) and [here](#).

## Coronavirus (COVID-19) Health Information and Advisories

<b>Centers for Disease Control and Prevention (CDC)</b>	<a href="#">CDC.gov</a>	<b>888-232-4636</b>
<ul style="list-style-type: none"><li>• The CDC is the nation's health protections agency. Call or visit this website to learn more about current cases of COVID-19 and prevention methods. <b>You can also sign up for email updates.</b></li></ul>		
<b>Florida Department of Health in Leon County</b>	<a href="#">Leon.floridahealth.gov</a>	<b>866-779-6121</b>
<ul style="list-style-type: none"><li>• This is a 24/7 Call Center available to answer questions about COVID-19. Visit this source for a COVID-19 Toolkit for ways to stay educated and cautious.</li></ul>		
<b>National Council on Aging</b>	<a href="#">NCOA.org</a>	
<ul style="list-style-type: none"><li>• Offers an online resource page for older adults, caregivers, and professionals.</li></ul>		

Most health insurance providers are covering the cost of testing, including [Medicare](#), [CHP](#) and [Blue Cross Blue Shield of Florida](#). If you don't have insurance, contact that TMH Transition Center at **850-431-4470** for assistance getting a test.

For more detailed and current information about testing visit the [Leon County COVID-19 Information Portal](#).

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