COVID-19: What Older Adults and Caregivers need to know

Know the Symptoms of COVID-19

<table>
<thead>
<tr>
<th>Call your health provider</th>
<th>Call 911</th>
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<tbody>
<tr>
<td>• New or worsening cough</td>
<td>• New or worsening chest pain or pressure</td>
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<tr>
<td>• Mild shortness of breath or difficulty breathing</td>
<td>• Severe shortness of breath or difficulty breathing</td>
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<tr>
<td>• Other signs such as: fever, chills, headache, sore throat, loss of taste or smell</td>
<td>• Confusion or unable to wake up</td>
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<td>• Lips or face turning blue</td>
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Know the Facts about COVID-19

* Adults aged 65 and older and people with underlying medical conditions are at higher risk of serious illness.
  * Medicines can be harmful when used incorrectly. Right now, there is no proof that any medicine, vaccine or therapy can prevent or cure.
  * It can take up to a year or more to study and develop new medicines and vaccines to treat COVID-19.
  * Do not take advice from the news or social media to make health decisions. Talk to your health provider about what is right for you.
* Please visit the Centers for Disease Control website for correct, helpful, and up-to-date information about COVID-19 [https://www.cdc.gov/coronavirus/2019-ncov](https://www.cdc.gov/coronavirus/2019-ncov)

Call 211 for more information about COVID-19 and Community Resources

* Call 24 hours a day/7 days a week
* Available in over 180 languages
* Get answers to your questions about COVID-19
* Access to food, mental health, financial assistance

Produced in collaboration with the Maryland Poison Center
Visit us on the web: [https://www.pharmacy.umaryland.edu/](https://www.pharmacy.umaryland.edu/)
Healthcare Offices and Hospitals are Open!

For routine health matters, call your health provider to:

⇒ Schedule a routine visit: In-person visits may be changed to a telephone or a video visit
⇒ Discuss new health concerns: Such as changes in weight, blood pressure or sugar readings
⇒ Check that your vaccines are up-to-date: Are you due for a pneumonia or flu shot?

Seek help right away for:

◊ Sudden confusion
◊ Fall or other serious injury
◊ Heart symptoms such as chest pain or hard time breathing
◊ Serious or long-lasting bleeding, vomiting or diarrhea
◊ A mishap with a medicine or household product by calling the Maryland Poison Center at 1-800-222-1222.

Get Your Routine Medicine from a Distance

⇒ Choose mail order or delivery service
⇒ Ask your provider for a 90-day supply
⇒ Ask your pharmacy if they offer pill packs or pill boxes

Senior Call Check
A daily call to verify your well-being, at a time scheduled at your convenience. Register today or tell a loved one about this free program for MD residents 65+.

Call 1-866-50-CHECK or Register Online aging.maryland.gov

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