

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

## Know the Symptoms of COVID-19



### Call your health provider

- New or worsening cough
- Mild shortness of breath or difficulty breathing
- Other signs such as: fever, chills, headache, sore throat, loss of taste or smell

### Call 911

- New or worsening chest pain or pressure
- Severe shortness of breath or difficulty breathing
- Confusion or unable to wake up
- Lips or face turning blue

## 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>

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



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- 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

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## 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](https://aging.maryland.gov)

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