

# CORONAVIRUS COVID-19

## WHAT FAMILIES & CAREGIVERS CAN DO

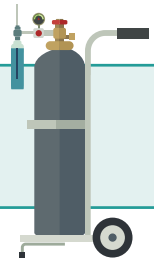


Older adults & people with severe chronic health conditions may be at higher risk for more serious COVID-19 illness. Here's what you can do to support them:



Know what medications your loved one is taking & see if you can help them have extra on hand.

Monitor food & other medical supplies (*i.e. oxygen, dialysis, wound care*) needed & create a back-up plan.



Stock up on non-perishable food items to have on hand in your home to minimize trips to stores.

If your loved one is in a care facility, monitor the situation, ask about the health of the other residents frequently & know the protocols if there's an outbreak.



### Symptoms of COVID-19



If you or your loved one is developing symptoms, call a doctor.

### Emergency Warning Signs

If you or your loved one develops emergency warning signs for COVID-19 call 911.

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- Confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your doctor for any other symptoms that are severe or concerning.*