



CORONAVIRUS COVID-19

CHESTER COUNTY HEALTH DEPARTMENT

BE INFORMED

LEARN THE FACTS, SHARE THE FACTS, STOP THE FEAR

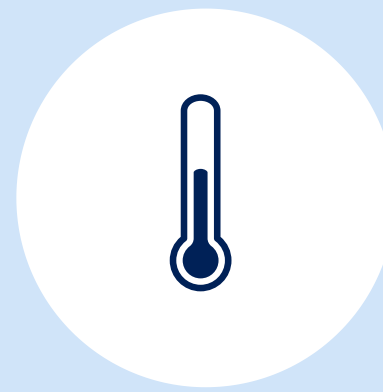
GUIDANCE FOR OLDER ADULTS

Persons who are older are at higher risk to develop complications from this virus

Events & Gatherings

- Attending large community events and gatherings may increase your risk for infection
- The CDC recommends avoiding crowds and public transportation

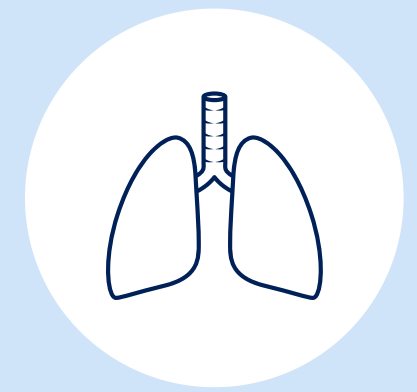
Know the Symptoms



FEVER



COUGH



SHORTNESS OF BREATH

Personal Preparedness

- Have a 14-day supply of prescription medications
- Make a list of regularly used medications and don't forget over-the-counter medications
- Make sure you have the phone numbers for your doctors and pharmacies
- Check if your pharmacy has mail or delivery services
- Identify emergency contacts and social support
 - They can help if you need extra assistance with errands
 - Ask them to check in with you
 - Make sure they understand not to visit if you are not feeling well
- Postpone non-essential medical appointments

Healthy Behaviors

- Avoid people with cold or flu-like symptoms
- Don't touch your face, eyes, nose and mouth
- Cover your nose or mouth with a tissue or sleeve

Wash Your Hands!



WASH OFTEN



USE SOAP



FOR AT LEAST 20 SECONDS

If You Have Symptoms

- Call ahead before you go to a doctor's office or emergency room
- Tell them about any recent travel and symptoms
- Your healthcare provider will assess if you need to be tested for COVID-19

INFORMATION & UPDATES:

[Chesco.org/Health](https://www.chesco.org/Health)

SOCIAL MEDIA:

[@ChesterCountyHealthDepartment](https://www.facebook.com/ChesterCountyHealthDepartment)

[@ChescoHealth](https://twitter.com/ChescoHealth)

RELIABLE SOURCE:

[CDC.gov](https://www.cdc.gov)

[@CDC](https://www.facebook.com/CDC)

[@CDCgov](https://twitter.com/CDCgov)