



This document is to provide some basic information and recommendations to the seniors living in New Orleans about the Coronavirus (COVID-19). We recommend the following to deal with the potential outbreak:

1. Elderly individuals should obtain nonperishable meal items and other dry goods that you may need if you become ill and have to self isolate.
2. Make sure that you have at least one months supply of medications on hand.
3. If it is possible, ask your doctor to change your 30 and 60 day subscription to a 90 day subscription to avoid potential shortages on medicine.
4. Ensure that Flu Shots, and other vaccinations are up to date.

Coronavirus is very similar to the flu. Health officials recommend you take similar precautions as you would take to prevent the flu, in order to ensure COVID-19 is not spread to other people. Here are some suggestions from the Centers for Disease Control and Prevention (CDC).

CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- **Stay home when you are sick.**
- **Avoid close contact with people who are sick**
- **Avoid touching your eyes, nose, and mouth with unwashed hands.**
- **Cover your cough or sneeze with a tissue, then throw the tissue in the trash.**
 - o *Cough into your elbow instead of your hands.*
- **Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.**
- **Follow CDC's recommendations for using a facemask.**
 - o *CDC does not recommend people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.*
 - o *Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).*
- **Wash your hands often with soap and water for at least 20 seconds, especially after going to the bath room; before eating; and after blowing your nose, coughing, or sneezing.**
 - o *If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.*
 - o *Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.*

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