

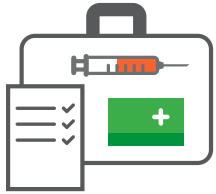
HOW TO HELP THOSE MOST AT RISK FOR COVID-19

Many of us know someone who is at higher risk for COVID-19.
What can we do to help them stay safe and healthy?



Know what medications your loved one is taking

Confirm they have several weeks of medication available.



Monitor medical supplies

Make sure they have the medical supplies needed (oxygen, dialysis, wound care, etc.) to last for several weeks.



Monitor their food supply

Purchase their groceries for them so they do not need to leave their home. Ask them to make a list of items they need, focusing on non-perishable food so trips to the store are minimized.



Teach and encourage technology

There are many online options to talk with family and friends. FaceTime, Zoom, Skype, Facebook, Twitter, Snapchat and more. Help your elderly loved one set up an account and teach them how to use it.



Check in frequently

Along with the risk of COVID-19 comes the risk of social isolation. Call your loved one regularly just to say hello. Help them stay socially connected through social media and the telephone.



Affiliate of ProMedica

COVID-19
(CORONAVIRUS)
INFORMATION

