Older Adults Are At Higher Risk of getting severely sick from COVID-19.

For adults age 65+

8 out of 10 deaths reported in the U.S. have been in adults 65 years old and older

To protect yourself:

- Stay home
- Wash your hands often
- Avoid close contact with people who are sick
- Clean and disinfect frequently touched surfaces
- Avoid all cruise and non-essential air travel
- Call your healthcare professional if you have concerns about COVID-19 and your underlying condition or if you are sick

Stress and coping:

- Take breaks from watching, reading, or listening to news
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind
- Connect with others
- Call your healthcare provider if stress gets in the way

Symptoms of COVID-19 can range from mild symptoms to severe illness and death. Symptoms may appear 2-14 days after exposure. Watch for fever, cough, and shortness of breath.