



Public Health
Prevent. Promote. Protect.

**NORTHEAST NEBRASKA
PUBLIC HEALTH DEPARTMENT
402.375.2200**



Public Health Announcement for Seniors

WHO IS AT HIGHER RISK FOR COVID-19 (coronavirus):

- Older adults
- People who have serious ongoing medical conditions

SYMPTOMS OF COVID-19:

- Fever
- Cough
- Shortness of breath

Adult emergency warning signs:

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



If you develop emergency warning signs for COVID-19 get medical attention immediately

IF YOU ARE AN OLDER ADULT WHAT YOU CAN DO NOW:

- Avoid crowds as much as possible
- Take everyday precautions to keep space between yourself and others
- When you go out in public, keep away from others who are sick, limit close contact
- Wash your hands often and avoid touching your face, nose and eyes.
- Have a plan and stay at home if you are sick
- Call your doctor before visiting the office
- Obtain extra necessary medications and stock up on supplies
- Avoid non essential travel including plane trips and cruise ships
- If there is a COVID-19 outbreak in your community, stay home as much as possible to reduce the spread.

FAMILY AND CAREGIVER SUPPORT

- Know what medications your loved one is taking
- Monitor food and other medical supplies as needed and create a back-up plan.