

Prevent the Spread of COVID-19

Important reminders for senior citizens



Social distancing while staying active

Social distancing means not having people visit you in person and not visiting others in person. Call, text, or email but avoid contact.

Wash your hands often

Practice good hygiene. Wash your hands and avoid touching your face. Sneeze or cough into a tissue or the inside of your elbow.



If you feel sick call your doctor

It is very important to contact your doctor if you are feeling sick and stay away from other people.

Stay connected to friends and family

Stay connected to your loved ones, but not in person. Avoid contact but keep in touch through phone calls and other technology.



Keep yourself busy

Find things to keep yourself busy. Read, get back into an old hobby, learn a new technology, talk with friends and family over the phone.



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For more information go to:
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or call the Senior Linkage Line:
1-800-333-2433