Protecting and caring for our seniors during COVID-19

Individuals over age 65 are especially vulnerable to experiencing severe symptoms of COVID-19. Keep these four tips in mind to stay safe while also maintaining physical, mental and emotional well-being during the pandemic.

Go back to the basics.
• Wear a well-fitting mask that covers your nose and mouth.
• Keep a distance of 6 feet or more from others to minimize risk of exposure.

Stay in touch with your primary care doctor.
• Seek medical care when you need it, especially for chronic and pre-existing conditions.
• Utilize phone consultations or telemedicine when you can, but know that medical offices are taking precautions to keep in-person visits safe.
• Continue to pursue preventative screenings.

Stay home to stay safe.
• Ask a less at-risk family member, friend, or neighbor to drop off groceries.
• Utilize online delivery services for shopping needs.
• Opt out of in-person holiday gatherings and other social events this year.

Connect with family.
• Schedule regular video chats or phone calls to stay connected.
• Identify a pen pal. Share uplifting mail with each other.

rwjbh.org/covid19
Let’s be healthy together.