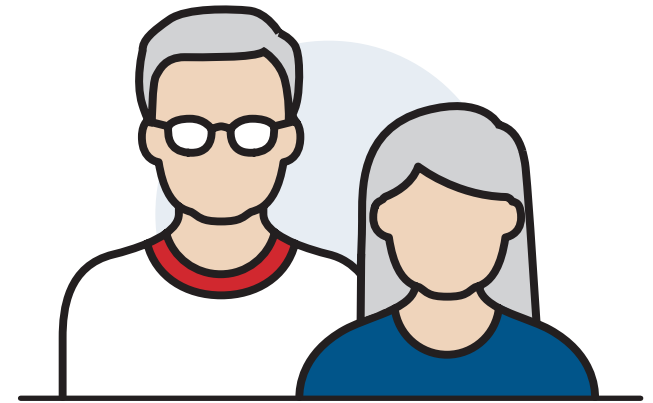


Protecting and caring for our seniors during COVID-19

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 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.



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.



Connect with family.

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

RWJBarnabas
HEALTH