Older Adults (aged 60 years and older) are at **high risk** for severe illness and death due to COVID-19 infection. As such, older adults must be **protected** from effects of the COVID-19 pandemic.

### Protect older adults from COVID-19

#### Older adults should practice healthy hygiene if they go out in the public setting:
- Wash hands often with soap and water or use a hand sanitiser with 60-80% alcohol; bring your own hand sanitiser if possible
- Wear a face mask; avoid interacting with persons who do not wear face masks
- Stay at least 6 feet (2 arms' length) away from others

#### At home:
- Clean and disinfect frequently touched surfaces daily e.g. doorknobs and sinks
- Avoid having visitors (family and non-family members) in the home, if possible
- Visitors must wear face masks, practice hand hygiene, and practice physical distancing
- Do not allow visitors if they are ill or have been in contact with someone with COVID-19 in the last 14 days
Protecting Older Adults as it relates to the COVID-19 Pandemic

For health care sector and non-governmental organisations

Prevent and reduce disruption of health services

When providing health services to older adults:
- Consider providing tele-consultations or relocating services to facilities in areas where risk of COVID-19 transmission is low
- Consider providing at least two to three months supply of medication
- Develop a personal care plan with the older adult and their caregiver where possible

Engage family and caregivers

- Train family members and caregivers to support care instructions for the older adult
- Encourage family members or caregiver to ask the older adult to identify someone who will make their health care decisions on their behalf if they are unable to
- Compile and provide a list of social and other support services for older adults

Educate and communicate

Educate older persons, their family and caregivers:
- To recognize signs and symptoms of COVID-19
- To cope with stress and improve mental health and wellbeing
- To practice a healthy lifestyle like healthy eating, physical activity, avoiding tobacco or tobacco products, limiting alcohol consumption
- To use the computer or phone for video chatting, messaging, tele-health visits, faith service
Listen to and practice advice and support care instructions for the older adult

Ask the older adult to identify someone who will make their health care decisions on their behalf if they are unable to

Reach out to social and other support services for older adults if needed

Use reliable sources of information, e.g. your health care provider, Caribbean Public Health Agency (CARPHA), Pan American Health Organization (PAHO), World Health Organization (WHO)

Learn about the signs and symptoms of COVID-19

Practice healthy lifestyle behaviours, e.g. healthy eating, physical activity, avoiding tobacco or tobacco products, limiting alcohol consumption

Share information on using computers or phones for video chatting, messaging tele-health visits, faith service

Be engaged

Educate and communicate

Educate yourself, caregivers, family members and the older adults:

- Use reliable sources of information, e.g. your health care provider, Caribbean Public Health Agency (CARPHA), Pan American Health Organization (PAHO), World Health Organization (WHO)
- Learn about the signs and symptoms of COVID-19
- Practice healthy lifestyle behaviours, e.g. healthy eating, physical activity, avoiding tobacco or tobacco products, limiting alcohol consumption
- Share information on using computers or phones for video chatting, messaging tele-health visits, faith service