

# FOR OLDER ADULTS

WHAT YOU CAN DO TO PREVENT COVID-19



**STAY AT HOME**

As much as possible



**WASH YOUR  
HANDS OFTEN**

With soap and water



**AVOID CLOSE  
CONTACT**

With those who  
are sick



**CLEAN AND  
DISINFECT**

Commonly  
touched surfaces



**WEAR A  
CLOTH FACE  
COVERING**

In all public  
spaces



**CALL YOUR  
HEALTHCARE  
PROFESSIONAL**

If you develop any  
signs or symptoms