**Tips for Older Adults**

* **Stay home** and only go out if it is essential.
* Have a **“list of 5”** people (friends, family and others) to reach out for help and support.
* Make a **daily connection** with at least one of them.
* **Get fresh air,** go outside, take short walks but maintain personal distance (6 feet)
* **Wash hands frequently**, use sanitizer and/or soap and hot water for 90 seconds.
* **Clean surfaces** regularly.
* **Call your doctor** if you are not feeling well.
* If you need to go to the Emergency Room, **let them know** you are coming.