The Oakland County Health Division will not deny participation in its programs based on race, sex, religion, national origin, age or disability. State and federal eligibility requirements apply for certain programs.

Protect older adults from COVID-19

Practice social distancing to keep you and your community safe

- Keep at least a 6-foot distance between yourself and others (even people who appear to be healthy).
- Stay home as much as possible.
  - Use online services, such as online banking, grocery pick-up or delivery, and restaurant delivery services.
  - If you do need to go out, avoid going during peak hours.
- Avoid in person visits with your grandchildren. Young children can have the virus and show few or no symptoms and can pass it onto you. Skype or FaceTime with them.
- Avoid crowds of people and unnecessary gatherings.
- Avoid non-essential travel, especially cruise and air travel.
- Avoid close contact touching, like shaking hands, hugging, and high-fives.

Take action to prevent spread of viruses and stay healthy

- Wash your hands often with soap and warm water for 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your nose and mouth with a tissue when you cough or sneeze, or cough/sneeze in your upper sleeve. Immediately throw away used tissues in the trash, then wash hands.
- Clean and disinfect frequently touched surfaces, such as doorknobs, handles, light switches, tables, toilets, faucets, sinks and cell phones.
- Avoid touching common surfaces in public places – elevator buttons, door handles, handrails, etc. Use elbows or knuckles to push buttons when you do not have a tissue or your sleeve to cover your hand or finger.
- Make sure others in your household, or anyone you are regularly in close contact with, follow these precautions.
- Cover your mouth and nose with a cloth face cover when you have to go out in public. Continue to keep 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

Have a plan if you get sick

- Consult with your health care provider on any issues related to your health.
- Stay in touch with others by phone or email. You may need to ask for help from friends, family, neighbors, or community health workers if you become sick.
- Determine who can care for you if your caregiver gets sick.

Have supplies on hand

- Contact your healthcare provider to obtain extra necessary prescriptions
- Use mail-order pharmacy for routine medications
- Stock up on over-the-counter medicines and medical supplies.
- Have plenty of household items and groceries on hand

Call Nurse On Call at 1-800-848-5533 with questions.