

COVID-19 Older Adults—*Three Prevention Steps (60 Sec)*

Older adults and people of any age with underlying medical conditions are at higher risk for severe illness from COVID-19.

The good news is that there are steps you can take to protect yourself and your loved ones:

Step 1. Keep germs away

- Wash your hands often.
- Stay home unless you need food, medicine, or medical care.
- If you need to go out, stay at least 6 feet—or two arm lengths—apart from others.
- Avoid people who are sick.

And remember, wear a cloth face covering when around others.

Step 2. Make a plan.

- Identify and talk with someone who can help care for you if you get sick.
- Have supplies, such as medicines and groceries on hand, or find ways to have them brought to you.

Step 3. Keep up with the situation and health recommendations in your area.

- If COVID-19 is spreading in your community, stay home as much as possible and avoid crowds.

If you do get sick with fever, cough, or shortness of breath, call your doctor right away.

For more information, visit [c-d-c dot g-o-v](https://www.cdc.gov).