



# Southeastern Idaho Public Health

FOR IMMEDIATE RELEASE

Contact: Tracy McCulloch  
(208)239-5250

## **Ages 60+ At Higher Risk for Complications from COVID-19**

Older people (over the age of 60) are at higher risk for more serious complications and poorer outcomes related to the novel coronavirus. It's important to make a plan ahead of time, in case you do get sick. Southeastern Idaho Public Health recommends older adults do the following:

- If you get sick, know who will take care of you.
- Ask for a buddy. Have this person help you by going to the grocery stores, getting medications, etc.).
- Seek help if you do become sick. Again, ask your buddy to get your essential items for you.
- Stay in touch with others by phone or email.
- Create an emergency contact list.
- Write a list of daily medications you take, how much you take, and when you take them.
- Talk to your healthcare provider about getting extra medications to have on hand.
- Consider using mail order if you can't pick up medications.
- Be sure to have over the counter medicine and medical supplies to treat fever and other symptoms.
- Pay attention to what is happening locally by visiting [www.siphidaho.org](http://www.siphidaho.org) or calling 208.234.5875.
- Stay home as much as possible. Utilize special hours of operation at local grocery stores for at-risk populations.

If you get sick with fever, cough, and shortness of breath, contact your health care provider to discuss your concerns. If you must seek medical attention, call your provider first and they will provide guidance for your visit.

Southeastern Idaho Public Health continues to stress the importance of practicing good personal hygiene to disrupt the spread of the virus. These measures include:

- Washing your hands often with soap and water for at least 20 seconds. If soap and water are unavailable, use an alcohol-based hand sanitizer.
- Avoiding touching your eyes, nose, and mouth with unwashed hands.
- Practicing social distancing (at least 6 ft between you and other people)
- Avoiding close contact with people who are sick.
- Staying home when you are sick.
- Coughing or sneezing into your elbow or use a tissue to cover it, then throwing the tissue in the trash.
- Cleaning and disinfect frequently touched objects and surfaces.

For more information:

- Visit SIPH's website at [siphidaho.org](http://siphidaho.org).
- Call SIPH's COVID-19 hotline Monday-Friday, 8 am-5 pm, at 208.234.5875.
- Watch SIPH's District Director on Facebook Live, [facebook.com/siphidaho](https://facebook.com/siphidaho), Monday-Friday at 11 am.

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