

CORONAVIRUS

WHEN SENIORS SHOULD SEEK CARE

Date of Design: March 13, 2020

Stay Home

If you are worried you may have coronavirus but feel well, **please stay home.**

Going to a hospital or doctor's office adds to a higher concentration of people and further overwhelms medical staff.

Call for Advice

If you are **ill, but would not have sought care** if not for COVID-19, do not seek care at an ER, hospital or doctor's office.

If you want advice, call the **Kentucky State Hotline (1-800-722-5725)** or call your **local healthcare provider.**

Seek Care

If you are **sick and feel you have an emergency**, please call your doctor or **seek medical care.**

Hospitals and medical staff across the commonwealth stand ready to serve you.

Source: Kentucky Department of Public Health

Watch for Emergency Warning Signs

If you develop emergency warning signs for COVID-19 get medical attention immediately:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Blush lips or face

Source: Centers for Disease Control and Prevention



1-606-564-9447

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We understand there are a lot of worries seniors have about the coronavirus COVID-19. That is why policies are shifting and necessary precautions are being taken to protect the senior population.



Why are church services and visitations cancelled?

One of the best ways to slow the spread of viral illness is to practice **Social Distancing**. Social Distancing means to avoid **close contact** with people who are sick. Close contact is defined as being within 6 feet from others. Social Distancing also means avoiding gatherings of large groups of people where there is higher risk of exposure. But it is most important to remember if you are ill, to **stay home and call your physician**.

Source: Kentucky Department of Public Health

CDC also recommends:

- Having extra necessary medications on hand in case of an outbreak
- Avoid crowds, especially in poorly ventilated places
- Consider ways of getting food brought to you such as help from friends, family, social, or commercial networks
- **Have a plan for if you become sick**

Source: Centers for Disease Control and Prevention

