



COVID-19 Guidance for Older Adults

Michigan.gov/Coronavirus

Adults age 65+ should refrain from leaving home to minimize exposure risk.

We encourage older adults to:

- Have groceries delivered through a shopping service or a family member/friend.
- Have prescriptions delivered through online/telephone orders or by a family member/friend.
- Contact the local [Area Agency on Aging](#) to receive a referral for local resources.
- If you must go shopping, consider going during the special store hours reserved for older adults and individuals with compromised immune systems. Most major retailers now offer this opportunity. Call the retailer for hours.

Wear cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies) away from home. The CDC recommends that as much as possible you stay at least 6 feet away from other people (social distancing), in addition to wearing a cloth face covering.

- A cloth face covering can be made with a T-shirt, bandana, towel and two rubber bands or hair ties.
- The CDC has new cloth face mask resources, including a [how-to video](#) and [question and answer document](#).
- Cloth face coverings should not be placed on young children under age 2, on anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- A face covering is different from a surgical or N95 mask, which must be reserved for healthcare workers

During this time, it may be difficult to deal with the stress of social distancing and self-isolation. Here are some tips from the CDC:

- Take breaks from watching, reading or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body.
 - Take deep breaths, stretch or [meditate](#).
 - [Try to eat healthy, well-balanced meals](#).
 - [Exercise regularly, get plenty of sleep](#).
 - Avoid [alcohol](#) and [drugs](#).
- Make time to unwind. Try to do some other activities you enjoy.

- Connect with others. Talk with people you trust about concerns and how you are feeling. Pick up the phone or tablet to talk or video call with friends or family.
 - **Well Connected by Covia** – Connects individuals to virtual classes, conversations, and activities by phone. Programs available in English and Spanish: (877) 797-7299 (English) or (877) 400-5867 (Spanish)
 - **Lifetime Connections Without Walls by Family Eldercare** - Telephone activities program providing opportunities for older adults to connect with others in their community and across the country using a telephone conference call system. (888) 500-6472 or lcww@familyeldercare.org
 - **Friendship Line by Institute on Aging** - The Friendship Line is both a crisis intervention hotline and a warmline for non-emergency emotional support calls. It is a 24-hour toll-free line and the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities. (800) 971-0016

If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing, call your healthcare provider for medical advice.

Visit Michigan.gov/coronavirus, email COVID19@michigan.gov or call 1-888-535-6136 from 8 a.m. – 5 p.m. seven days per week for more information.