

# COVID-19 Tip Sheet

## **For Older Adults and People with Higher Risk of Serious Illness and their Caregivers and Family** **Taken from Michigan.gov/Coronavirus**

**The following information will help you be prepared at home if an outbreak occurs in your community.**

- Have supplies and medications available so that you will not need to go to the drug store to obtain routine prescriptions, or consider using mail-order pharmacy for prescriptions.
- Be sure to have extra over the counter medicines and medical supplies to treat fevers and other symptoms.
- Have enough household items and food on hand to last for an extended period of time (at least two weeks).
- Remain at home as much as possible.

### **Have a plan for if you get sick:**

- It is always best to work with your healthcare provider on any issues related to your health. Additional information is available at the CDC.
- Recommended precautions for household members, intimate partners, and caregivers in a non-healthcare setting:
  1. Stay in touch with others by phone or email. You may need to ask for help from friends, family, neighbors, community health workers, etc. if you become sick.
  2. Determine who can provide you with care if your caregiver gets sick. Have a backup plan.

### **Symptoms or Warning Signs to be aware of:**

- Pay attention for potential COVID-19 symptoms including fever, cough, and shortness of breath. If you feel like you are developing symptoms, call your doctor.
- If you develop 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**
  - Bluish lips or face**
- If you need emergency services, call 9-1-1 and communicate your symptoms to the operator.

**\*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.**

### **Support Groups**

Grief support groups through Munson Home Health Hospice, and Parkinson's Network North support groups have been cancelled until further notice.

### **Grocery Stores and Pharmacy**

Leelanau County is fortunate to have some wonderful grocery stores in various communities across the county. If you are unable to get to the grocery store it is worth contacting your local store to see if they would be willing to deliver or if they would do your shopping for you and have it ready for pick up.

It may be helpful to call your pharmacy and ask for your prescriptions to be filled for a couple months supply. If you are unable to pick up a prescription, do you have someone you trust to do so?

ShareCare of Leelanau has volunteers that may be able to assist you with a grocery store or pharmacy pickup if you or someone you know is unable to assist you. Please contact ShareCare of Leelanau with questions about these programs and services. (231) 256-0221.