



Older Adults at Higher Coronavirus Risk

The CDC has identified older adults and people who have severe chronic medical conditions like heart, lung, or kidney disease at higher risk for more serious COVID-19. According to the CDC, early data suggest older people are twice as likely to have serious COVID-19.

This is likely because as people age, their immune systems change, making it harder for their body to fight off diseases and infection, and because many older adults are also more likely to have underlying health conditions that make it harder to cope with and recover from. Age increases the risk that the respiratory system or lungs will shut down when an older person has COVID-19 disease.

10 Ways to Show Kindness to Seniors During the Coronavirus

1. Before you run to the grocery store, drug store or a restaurant to pick up take-out, call and ask your senior neighbors if they need you to pick up something for them.
2. Volunteer to walk their dog(s).
3. Would it be helpful for them if you put their mail and newspaper beside their front door?
4. Does their yard need maintenance? Ask if they would like you to mow their yard, shovel the snow from their driveway or water their wilting flowers.
5. Do they need assistance putting their trash out or bringing the empty cans back into the garage?
6. If you have extra soap, toilet paper or other staples, leave a care package at your neighbor's door.
7. If you're looking for ways to engage your children, have them make cards and crafts for the senior neighbors. Just to be safe, place items in a zipped bag with instructions to wait seven days to open, for germ prevention.
8. Go online and join your neighborhood group to communicate with those who live nearby. Websites like Nextdoor already exist or you can create a private group on Facebook. Just remember, many seniors might not use social media. Find out how your neighbor prefers to be contacted.
9. Even if your senior neighbors say they don't need help, continue to offer. Accepting assistance from a stranger can feel awkward.
10. If you care for a loved one living in a care facility, monitor the situation, ask about the health of the other residents frequently, and know the protocol if there is an outbreak.