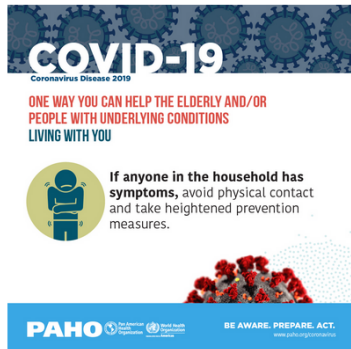



# Social media cards: Older population and COVID-19

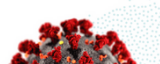
This series of social media cards shares information on how to support older populations during the COVID-19 pandemic.




**COVID-19**  
Coronavirus Disease 2019

**ONE WAY YOU CAN HELP THE ELDERLY AND/OR PEOPLE WITH UNDERLYING CONDITIONS LIVING WITH YOU**

 **If anyone in the household has symptoms**, avoid physical contact and take heightened prevention measures.



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**COVID-19**  
Coronavirus Disease 2019

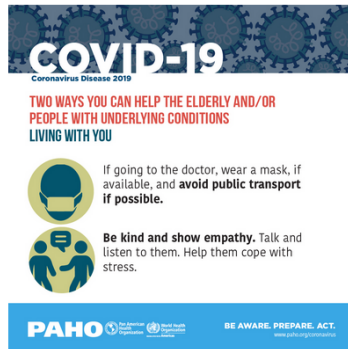
**TWO WAYS YOU CAN HELP THE ELDERLY AND/OR PEOPLE WITH UNDERLYING CONDITIONS LIVING WITH YOU**

 **Make sure they have at least a month's stock of all their regular medicines** in case it's necessary to stay home. Encourage them to follow medical advice about medication.

 Follow social distancing measures in your area **and avoid shared spaces and large gatherings.**


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**COVID-19**  
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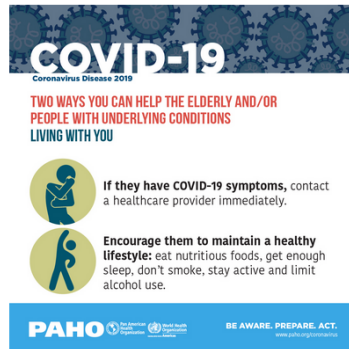
**TWO WAYS YOU CAN HELP THE ELDERLY AND/OR PEOPLE WITH UNDERLYING CONDITIONS LIVING WITH YOU**

 If going to the doctor, wear a mask, if available, and **avoid public transport if possible.**

 **Be kind and show empathy.** Talk and listen to them. Help them cope with stress.


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**COVID-19**  
Coronavirus Disease 2019

**TWO WAYS YOU CAN HELP THE ELDERLY AND/OR PEOPLE WITH UNDERLYING CONDITIONS LIVING WITH YOU**

 **If they have COVID-19 symptoms**, contact a healthcare provider immediately.

 **Encourage them to maintain a healthy lifestyle:** eat nutritious foods, get enough sleep, don't smoke, stay active and limit alcohol use.

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