STAY HOME

Even if you're feeling healthy, social distancing will help us stop the spread of COVID-19.

STAY SAFE

Wash your hands frequently, cover coughs and sneezes, and stay home if you're feeling ill.

STAY AWARE

Reputable sources include Governor Hogan, Maryland state agencies, and the CDC.

STAY CALM

No need to panic, hoard, or listen to rumors. We will all get through this together.

FREDERICK COUNTY COVID-19 INFORMATION FOR ADULTS 65+

Call 211 **(or 1-866-411-6803 for Frederick County-specific information)** for accurate information & health, mental health & other resources.

How to Protect Yourself

- Stay home except for essential business. Wear a mask or a face covering (such as a bandana) when in a public space. You can still go outside to exercise with your family or walk your dog.
- Wash your hands often, including after touching anything from outside the home. Ask anyone entering your home to wash their hands too.
- Don't touch your eyes, nose, and mouth with unwashed hands.
- Avoid close contact (6 feet, which is about two arm lengths)
- Clean and disinfect frequently touched surfaces, including mobility equipment, doorknobs and railings, phones, remotes and switches.
- Prescriptions can be filled early now. Contact your pharmacy for refills. Keep a 30 day supply of your medications on hand.
- Avoid all cruise travel and non-essential air travel.

Food Safety

Check if your grocery store and pharmacy offers delivery, online ordering or curbside pickup. If you must go shopping, go early in the morning or late in the evening to avoid crowds. Ask family, neighbors, and friends for help when needed. There is no evidence of food transmitting COVID-19.

Symptoms

Fever, cough, shortness of breath.
Get medical attention immediately if you develop emergency warning signs such as trouble breathing, persistent pain or pressure in the chest, new confusion or inability to arouse, bluish lips or face.

Public Health
Prevent. Promote. Protect.
Frederick County Health Department

FREDERICK COUNTY, MARYLAND 1748

April 6, 2020

How to Get Tested

- If you have symptoms, call your primary healthcare provider first. Do not go to urgent care or the emergency room without calling ahead. If you are having a medical emergency, call 911.
- If your provider thinks you need to be tested, they will give you instructions.
- If you need a provider, go to www.frederickhealth.org/Find-a-Doctor.aspx
- If you do not have Medicare, Frederick Health Hospital is also providing free Virtual Visits for a limited time: www.frederickhealth.org/VirtualVisit

Mental Health

- Make sure you get enough sleep and are still finding ways to enjoy yourself. Limit your news to 1-2 times a day. Check out the online virtual 50+ Community Center: www.frederickcountymd.gov/virtual50
- Remember that COVID-19 affects all types of people. Be kind to those who are affected, they have not done anything wrong.
- If you experience anxiety or fear related to COVID-19 or another situation, Frederick County Mental Health Association Hotline is a 24 hour service, staffed 7 days per week to assist you. Call 211 to access support.

Pets

As a precaution, if you are sick with COVID-19, wash hands before and after touching your pet. When possible, have someone else care for your animals while you are sick to avoid contact with your pet.

Get accurate information & don't spread rumors!

- Frederick County Senior Services 301-600-1234 frederickcountymd.gov/SeniorServices
- Centers for Disease Control coronavirus.gov
- Maryland Department of Health coronavirus.maryland.gov
- Frederick County Health Department health.frederickcountymd.gov/coronavirus