

COVID-19: Protecting the Elderly & at Risk

How to be Prepared

Who is at Higher Risk?

COVID-19 infects people of all ages, but the following groups are the most at risk in developing a severe case:

- Older adults
- People who live in a shared living setting
- People of any age, who have underlying medical conditions, and have a weakened immune system

When to Seek Medical Attention

- If you become sick, call your Primary Care Provider (PCP) **for instructions**
- Seek immediate help when feeling emergency warning signs of shortness of breath, persistent chest pain, confusion, and bluish lips or face

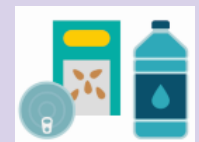
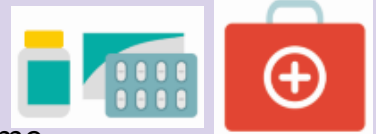
Take Everyday Precautions

- Practice good hand hygiene and avoid close contact by social distancing
- Wear a mask or cloth face covering when in a public setting
- Clean and disinfect high-touch surfaces.
- Avoid touching your face, eyes, nose, and mouth with unwashed hands
- Cover cough or sneeze with tissue, or cough or sneeze into elbow



Stock Up on Supplies

- Contact your healthcare providers to obtain extra prescription drugs using mail-order
- Prepare enough food to remain at home for an extended period of time
- Store other essential household items, including hygienic products, cleaning supplies, hand sanitizers, tissue paper, and toilet paper
- Keep a self-care kit at home with first aid, medical devices, such as blood pressure sphygmometer, glucometer, thermometer, and over-the-counter medications to treat wounds, fever, and other symptoms. Create a back-up plan for needed oxygen, incontinence, and dialysis
- Don't forget about your pets! Pick up extra animal supplies, e.g. toys, food, and medications



Stay Connected

- Remain calm and don't panic. Stay informed with the latest developments from local news outlets and updates from the CDC and WHO
- Keep in in touch with loved ones and ask for help when needed



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2019 新型冠狀病毒: 保護老年人和高危人群

如何做好應對準備?

誰屬於高危人群?

各個年齡段的人都有可能感染新冠病毒，然而以下人群在感染病毒後發展成嚴重病例的風險較高:

- 老年人
- 住在共享型居所的人群
- 患有嚴重基礎疾病的各年齡段人群，和免疫力低下人群

何時尋求醫學治療

- 如果您生病了，請諮詢您的醫療服務提供者獲取指引
- 如果您出現緊急警告體徵，例如呼吸急促、持續性胸痛、意識混亂、嘴唇或臉色發紫，應立即尋求醫療幫助

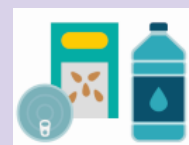


日常防護措施

- 保持良好的手部衛生，保持社交距離避免與他人密切接觸
- 在公共場合佩戴口罩或布面罩
- 清潔和消毒高頻接觸的表面
- 避免用未洗的手觸摸眼睛，鼻子或嘴巴
- 咳嗽或打噴嚏時用紙巾或者手肘遮蓋

儲備必需品

- 請與您的醫療保健提供者聯繫，選擇郵寄的方式續取處方藥
- 家中儲備足夠的糧食，以長時間留在家中
- 儲備其他家居用品，例如衛生用品，清潔用品，手部消毒液，紙巾和廁紙
- 確保家裡存放急救，醫療設備（例如血壓計，血糖儀，體溫計）和非處方藥等自我護理套件，以護理傷口，發燒等其他症狀。準備一個應急計劃，以應對氧氣，失禁，和透析治療的需求
- 不要忽略您的寵物！儲備額外的寵物用品，例如玩具、食物、和藥物



保持聯係

- 保持冷靜，不要恐慌。隨時了解本地新聞媒體發佈的最新動態以及美國疾控中心（CDC）和世界衛生組織（WHO）公佈的最新消息
- 與親人保持聯繫，並在需要時尋求幫助



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