

Guidance for Seniors: COVID-19 and the Flu



Public Health
Prevent. Promote. Protect.

Brown County
Health & Human Services

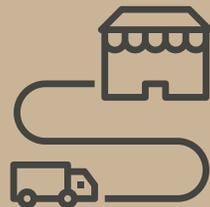
If you have additional
questions, please call
Brown County
Public Health
(920) 448-6400

GOING OUT AND STAYING SAFE

Here are some important things to remember when you are visiting, going to appointments, or shopping outside your home:

- **Wear a Mask:** Not everyone shows symptoms when sick, and a mask can reduce the spread of germs.
- **Distance Yourself:** Remember to keep about 6 feet of space between you and others even if they do not have any symptoms.
- **Wash your Hands:** Wash your hands as often as possible, especially after touching common surfaces. Hand washing may not always be available. Hand sanitizers with at least 60% alcohol are a great alternative.
- **Avoid Touching your Face:** It is important to avoid touching your eyes, mouth and nose when you are out in public. Viruses can be easily spread this way!
- **Cover your Coughs and Sneezes:** When you cough or sneeze, it is important to do it into your elbow.

Handling Letters and Deliveries



1. According to the Centers for Disease Control and Prevention, COVID-19 is mostly spread from person to person because it is a respiratory virus.
2. Although possible for the virus to survive on surfaces, it is unlikely to spread from touching delivered packages.
3. Remember to physically distance from your delivery driver and to wash your hands after handling packages or letters.

VISITING FAMILY MEMBERS

While having visitors is important for mental health and socializing, it is important to take precautions, even if the visitors are family members.

1. Masking and physical distancing are important when people from multiple households gather together.
2. Visitors should have as little contact as possible with other households to lower their risk of bringing COVID-19 or the flu into your home.
3. Friends and family who work with the public (nurses, grocery store employees, etc.) should limit visits to your home.
4. Avoid physical contact with visitors (hugs, handshakes, etc.)
5. Delay or reschedule visits if visitors have symptoms of COVID-19 or the Flu or have been exposed to someone with COVID-19 in the last 14 days



UNDERLYING MEDICAL CONDITIONS AND TREATMENT PLANS

- Continue your medications and do not change your treatment plan without talking to your healthcare provider first.
- Have at least a 30-day supply of any prescription/non-prescription medicines at home. Talk with your healthcare provider, pharmacist and insurer regarding getting extra supplies of prescription medicines to reduce trips to the pharmacy.
- Do not avoid seeking emergency care for medical conditions because of COVID-19. Emergency departments have put contingency infection plans in place to protect you from getting COVID-19 if you need care.
- Call your health provider if you have any questions regarding underlying medical conditions or if you get sick and think you may have COVID-19.
- Contact 911 right away if you need emergency help.



Public Health
Prevent. Promote. Protect.
Brown County
Health & Human Services

Disinfecting at Home



1. Disinfect things people touch often, such as, doorknobs, railings, appliance handles, and remote controls.
2. Make sure you have a backup supply of commercial disinfecting wipes and sprays at home.
3. Bleach and water can be used as a substitute for disinfecting wipes and spray. Use four teaspoons of liquid bleach per quart of water.

Watch this video for more information. Remember to always follow any and all manufacturer use and storage instructions:

<https://www.youtube.com/watch?v=GWri5UYaBBO>



Public Health
Prevent. Promote. Protect.

Brown County
Health & Human Services



Getting your flu shot

This year it is more important than ever to get vaccinated for influenza.

- Flu vaccines have been shown to reduce the risk of flu illness, hospitalization and death.
- Clinical symptoms of COVID-19 and the flu are similar, and without testing, it may difficult to tell the difference between the two.
- If less people get the flu, healthcare partners can save resources that may be needed for the care of patients with COVID-19.