

TIPS FOR CAREGIVERS FOR THE ELDERLY



According to the **Center for Disease Control and Prevention (CDC)**, people over the age of 60 are one of the most vulnerable groups for COVID-19 infection. That is why we must focus our efforts on prevention.

If you are caring for an older adult, here are some recommendations to protect your loved one:

- If you have any concerns regarding COVID-19, ask his or her primary physician.
- Also ask if virtual medical visits are an option for your loved one to receive health care for the duration of the emergency. That's how you avoid contact with sick people.
- Also, be informed through trusted media sources, such as the Puerto Rico Department of Health, the U.S. Department of Health and Human Services, the CDC and the health plan of the older adult, among others.
- Consider receiving only those home visits that are necessary. Use virtual tools to stay in touch with family members, friends and neighbors.
- Practice good hygiene, such as frequent hand washing with soap and water, or the use of a hand sanitizer with at least 60% alcohol. This applies to you and your loved one.
- Clean household surfaces regularly.
- Make arrangements with a family member to care for the loved one in case you are unavailable to do so.
- As a caregiver, you must also take care of your own health. Avoid unnecessary trips outside the home, and places with high concentrations of customers. Use drive-thru or home delivery services, and have the merchandise left at your door or entrance.
- If you need to go out, keep a distance of six feet from others.