

## Coronavirus and Older Adults

### Discussion Questions

1. Have you or someone you know ever taken a Coronavirus test?  
What was the process like?
2. Do you know anyone who has been diagnosed with the Coronavirus?
3. Do you have higher risk factors like high blood pressure, diabetes, hypertension, or asthma? Do you smoke? Do these considerations affect how you think about the Coronavirus?
4. Do you wear a mask when in public places like a store or church? Do you try to maintain social distance?
5. What other things do you do to help reduce your risk of contracting the Coronavirus?
6. What has been your greatest concern over the past few months?

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### Recommended Safety Measures

**Take these steps to reduce the risk of contracting the Coronavirus:**

- Wash your hands often
- Avoid close contact with others
- Wear a mask when around others (especially indoors)
- Cover your coughs and sneezes
- Monitor your health daily
- Know the emergency warning signs. Early symptoms of COVID-19 may include:
  - A loss of taste or smell
  - Shortness of breath or difficulty breathing
  - Muscle aches
  - Chills
  - Sore throat
  - Runny nose
  - Headache
  - Chest pain.

### Coping with Coronavirus and Mental Stress

#### Remember to:

- Break away from New coverage
- Take care of your physical health
- Make time to rest and relax
- Call your doctor if stress becomes unmanageable

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### Important Phone Numbers:

- If you do not have a health care provider, call the Pennsylvania Department of Aging for helpful advice - **1-877-PA-HEALTH (1-877-724-3258)**
- If you feel overwhelmed call **911** for immediate assistance
- Suicide Prevention / Veteran's Crisis Line – **1-800-273-8255**
- Substance Abuse & Mental Health Services Administration – **1-800-662-4357**
- Crisis Text Line – Text **SIGNS** to **741741** for anonymous, free crisis counseling

### Important Web Resources:

<https://www.cdc.gov/>

Center for Disease Control and Prevention

<https://www.aging.pa.gov/>

Pennsylvania Department of Aging

<https://www.health.pa.gov/>

Pennsylvania Department of Health

<http://www.carelink.pa.gov/>

The PA Link to Community Care website is designed to help persons with disabilities and seniors find information that will connect them to supports and services in their community.

<https://www.upmc.com/>