Universal precautions for older adults and individuals with a disability are the same for the general population as a whole.

**Have a Plan**

**Home isolation** Restrict activities outside your home, except for getting food or medical care. **Do not go to public areas.** Avoid using public transportation, ride-sharing, or taxis.

**Cover your mouth and clean your hands often** Cover your mouth and nose with a tissue when you cough or sneeze. Throw away used tissues immediately. **Wash your hands** with soap and water for AT LEAST 20 seconds. As an alternative, use hand sanitizer that contains 60 to 95% alcohol.

**If your are sick separate yourself from others at home**

⇒ **Avoid sharing if possible.** Use separate bedroom and bathroom. Avoid sharing dishes, drinking glass, cups, eating utensils, towels, or bedding with others. After using these items, they should be washed thoroughly with soap and water.

⇒ **Restrict contact with pets** or have another person care for your animals. If you must care for your pet while you are sick, wash your hands before and after you interact with pets and wear afacemask.

**Call ahead before visiting your doctor**

If you have a medical appointment, **call the healthcare provider** and tell them that you may have COVID-19. This will help the medical office to take precautionary steps to keep others from getting infected or exposed.

**Wear a facemask only if you are sick**

Wearing a facemask when you are around other people (such as, sharing a room or vehicle, going to health appointment) is a precautionary step to keep others from possible exposure to your virus.

**Clean all “high-touch” surfaces daily**

Disinfect counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also clean any surfaces that may have blood, stool, or body fluids on them.

**Monitor your symptoms** Seek immediate medical attention to track if your illness is worsening (such as difficulty breathing). Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or medical health professionals, as appropriate.

- If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

**When to discontinue home isolation**

Patients with confirmed COVID-19 should remain under home isolation precautions until your physician advises otherwise. The Stay at Home order continues to be in place for everyone.

**Have a Plan** to *stay connected* and how to get medical assistance when you need it.

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SOURCES

