

# Coronavirus Disease 2019 (COVID-19)



Department  
of Health



Department of  
Aging

## For additional information:

coronavirus.ohio.gov  
1-833-4-ASK-ODH / 1-833-427-5634  
Ohio Department of Health  
Coronavirus Call Center  
9 a.m. – 8 p.m. daily

## Caregiver Checklist #4: Helping Older Adults

Caregivers have many responsibilities and many also provide for themselves and other family members, including children. Caring for a loved one can be hard work, especially during times of an emergency. It may help to consider the following:

- Check in on older loved ones often. Use phone calls, email, and text messages to combat isolation. Help your loved one reschedule non-essential appointments;
- Protect yourself. It is very important to limit your risk of exposure. Know how to prevent the spread of COVID-19. Clean your hands often and avoid close contact with others. Stay home if you are sick and ask another family or friend to provide care to your loved one. Always cover your cough and sneezes and clean and disinfect frequently touched surfaces each day.
- Monitor the health of your loved one. Watch for COVID-19 symptoms, including fever, cough, and shortness of breath. Call the doctor if your loved one has any of these symptoms or has been exposed to COVID-19.
- Know the medicines your loved one takes. It may help to talk to the doctor or pharmacist about filling prescriptions for a greater number of days to limit your trips to the pharmacy. Mail order pharmacies may be a good option to consider. Talk to the pharmacist if you need help paying for medicine. To learn more about affordable medicines, it may help to visit [GoodRX](#), [NeedyMeds](#), or [Ohio's Best RX](#).
- Monitor food and other important medical supplies, including oxygen, incontinence, dialysis, wound care needs. Create a back-up plan in the event you run out of food or supplies.
- Think ahead and make others plans for care for your loved one if you become sick. Consider respite care. Call your local [Area Agency on Aging](#) 1-866-243-5678 to learn more about respite care options.

### *Additional Resources:*

- View our other caregiver tip sheets on self-care and helping older adults at (insert location).
- Caregiver Action Network, Link: <https://caregiveraction.org/covid-19>
- National Council on Aging, Link: <https://www.ncoa.org/covid-19/covid-19-resources-for-older-adults/faqs-for-older-adults-caregivers/>