

# CORONAVIRUS 2019 (COVID-19)

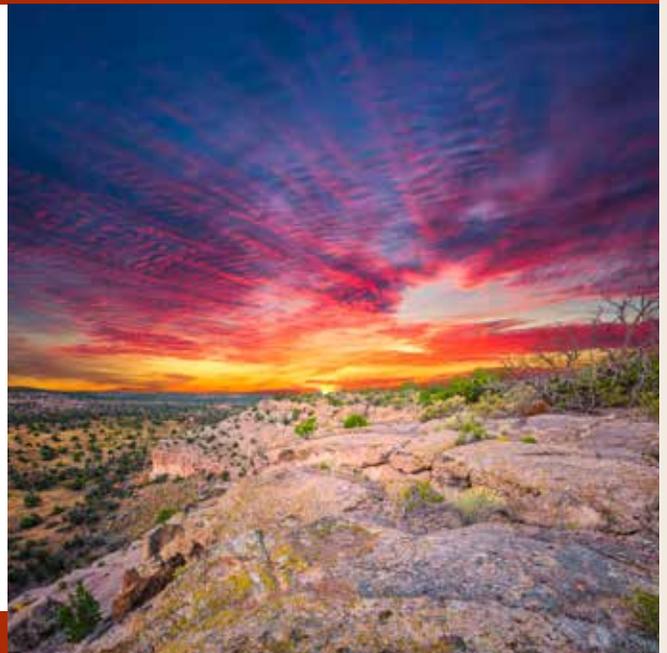
## COMMON QUESTIONS AND ANSWERS FOR TRIBAL ELDERS

### WHAT IS COVID -19?

COVID-19 stands for Coronavirus Disease 2019. It is a respiratory disease (affects lungs and breathing) caused by a new virus called coronavirus 2019.

### WHY ARE OLDER ADULTS AT HIGHER RISK?

- Older adults are at higher risk for more serious COVID-19 illness and death.
- As we get older our immune systems grow weaker which makes it harder to fight off infectious diseases.
- Older adults are also more likely to have diabetes, lung, and heart disease that make it more difficult to recover from COVID-19.



### SYMPTOMS MAY INCLUDE

FEVER

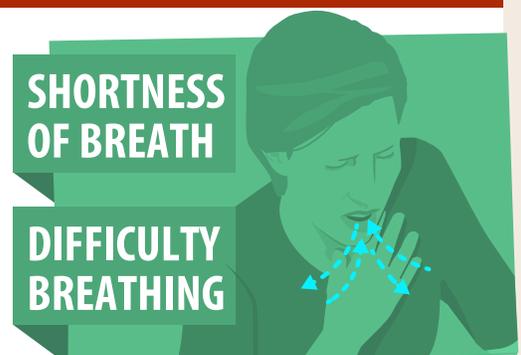


COUGH



SHORTNESS OF BREATH

DIFFICULTY BREATHING



Symptoms may appear 2-14 days after exposure. Symptoms may also include chills, muscle pain, headache, sore throat and new loss of taste or smell.

## HOW CAN I BEST PROTECT MYSELF?

The best way to prevent illness is to avoid being exposed to the virus altogether.

- **STAY HOME.** Avoid people who may be infected by staying home and avoid any unnecessary travel. Avoid crowds. Keep space between you and anyone who is sick.
- **WASH HANDS OFTEN.** For 20 seconds with soap and water.
- **AVOID TOUCHING YOUR FACE, NOSE AND EYES.**
- **AVOID SHAKING HANDS.**
- **AVOID TOUCHING HIGH-TRAFFIC SURFACES** such as door handles, handrails, or counters. Use a tissue or your sleeve if you must touch something.
- **SNEEZE OR COUGH INTO A TISSUE,** or the inside of your elbow.
- **CLEAN AND DISINFECT FREQUENTLY USED ITEMS** as much as possible.
- **CALL YOUR CLINIC OR PROVIDER** if you develop symptoms, i.e., fever, cough, difficulty breathing, or shortness of breath.

## HOW CAN I PREPARE TO BE AT HOME FOR AN EXTENDED PERIOD OF TIME?

Here are some simple ways to prepare:

- **MEDICATION.** Refill all essential prescription medications. Also, be sure you have enough over-the-counter medicines and medical supplies (pain and fever relievers, cough and cold medicine, diabetes test strips, etc.).
- **FOOD & HOUSEHOLD ITEMS.** Have enough basic household items and groceries on hand so you are prepared to stay at home for an extended period of time. Stock up on non-perishable food items to minimize trips to stores.
- **REACH OUT TO FAMILY & FRIENDS.** Stay in touch with the people close to you. If you live alone, have a loved one or someone nearby check on you regularly.

## WHAT ACTIVITIES CAN I DO WHILE STAYING SAFE

- Phone and video calls with family & friends
- Tell jokes & laugh
- Read books, do puzzles & play games
- Listen to music & watch favorite movies
- Get outside for fresh air, walks, & gardening
- Get plenty of sleep & eat well
- Meditation & prayer



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