

COVID-19 Family and Friend Guide to Grocery Shopping for Older Adults

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Older adults and those with underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness. Older adults and those at high risk should stay home whenever possible. The best way to prevent illness is to avoid being exposed to the virus.

Family, friends, and neighbors play an important role in helping keep older adults healthy and safe. Grocery shopping for those who are high risk is a great way to help them avoid crowds, but should be done carefully to reduce the risk of spreading the virus.

Family and Friend Grocery Safety Tips for Older Adults during COVID-19:

- 1. Only go if you are well:** If you are sick, you could get them sick
- 2. Take steps to protect yourself:**
 - a. Avoid close contact**
 - i. Put distance between yourself and other people, experts recommend 6 feet
 - ii. Go during special senior hours
 - b. Clean and disinfect at the store**
 - i. Disinfect anything you touch, the carts, baskets, door handles
 - ii. Carry hand sanitizer that contains at least 60% alcohol with you
 - iii. Always avoid touching your eyes, nose, and mouth with unwashed hands
- 3. Take steps to protect your family and friends who are older**
 - a. Leave the groceries on their stoop or in front of their house**
 - i. Be sure to maintain social distance of at least 6 feet
 - ii. As much as you may want to come in and say hello, don't
 - b. Clean and disinfect**
 - i. Encourage them to disinfect each item before putting it away
 - ii. Encourage them to wash they hands as soon as they are done with soap and water for at least 20 seconds

Not all heroes work alone. Some need somebody to **LEAN** on.

Link to ways to get food and necessities

Explore available services

Ask for help when you need it

Nobody has to do it alone. We're all in this together.

If you take care of someone 60 years or older, call Maryland Access Point, who can direct you to special support services for those over 60. 410 396-CARE (2272)