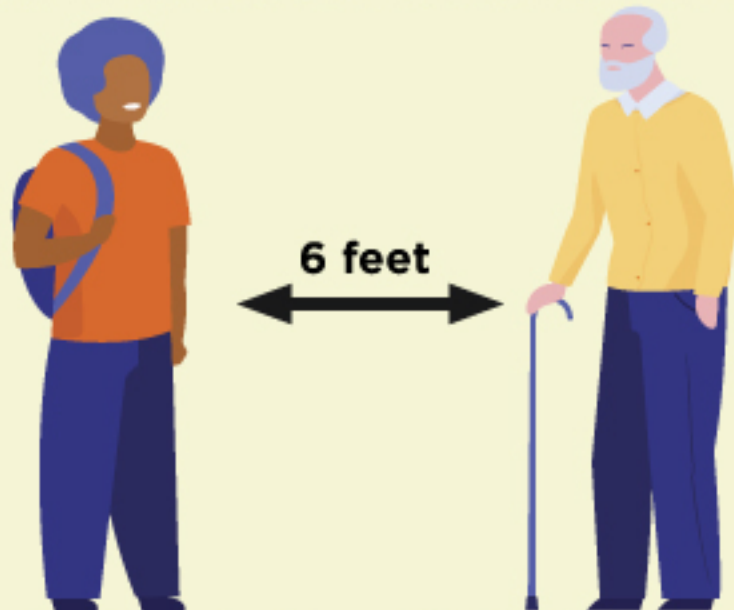


HELP OLDER RELATIVES LIMIT THEIR POTENTIAL EXPOSURE TO COVID-19



#PGCCOVID19

- Assign a healthy family member to bring them groceries and/or medications.
- Children and adults who have no symptoms could still be COVID-19 carriers.

SOCIAL DISTANCING DOES NOT MEAN SOCIAL ISOLATION

- Encourage relatives to check in on them frequently, but only using the phone, Skype, FaceTime, texting, or other mobile apps.
- Support their efforts to stay active with hobbies that can be done online or in the home – arts, online games with you or others, yard work, and walks in the neighborhood (remaining at least six feet away from others).