

Older adults are at higher risk for becoming seriously ill from COVID-19. This is because our systems grow weaker as we age, which makes it harder to fight off diseases. You can reduce your risk of contracting COVID-19 by staying home as much as possible. You can prepared to stay safe at home by using the following checklist:

1. Creating a safety plan

- Have an emergency communications plan, such as a group text or phone chain, so that all your relatives and friends will know what's going on in case of an emergency.
- Make sure you have current contact information for anyone you need to contact during an emergency.

2. Stocking an emergency medical kit that includes:

- A 14 day supply of any medications you take
- Any medical equipment you use
- Written information about your health conditions, allergies, and treatment

3. Making a supply kit that includes a 14 day supply of:

- Water
- Non-perishable food
- Everyday supplies such as extra batteries, a can opener, flashlight, plastic bags, and disposable cups, plates, and utensils
- Basic hygiene products
- Change of clothing and blankets
- Contact info and key documents
- Cash
- First aid kit

If you need assistance with getting the supplies you need for this checklist, call the Maryland Access Point, who can direct you to special support services for those over 60. In these uncertain times, even heroes 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.

Baltimore City residents 60 years and older can do all this, and more, through Maryland Access Point. Visit marylandaccesspoint.info or call 410-396-CARE.