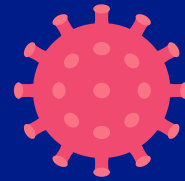


COVID-19 (Coronavirus)



Guidance for Bermuda's Seniors regarding the COVID-19 Outbreak

Why do seniors need to be well-informed about this outbreak?

Older adults and people with severe chronic medical conditions like heart, kidney or lung disease or diabetes are at higher risk for illness from COVID-19 Disease. It is very important for seniors to take actions to reduce their risk of getting sick with the disease.

Clean your hands often

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, or having been in a public place.
- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol
- Avoid touching your face, nose, eyes, etc.

Distance yourself from others

Take extra measures to practice social distancing by putting distance between yourself and other people to further reduce your risk of being exposed to this new virus.

- Stay home as much as possible.
- Avoid attending social and religious gathering or events.
- Avoid crowds, especially in poorly ventilated spaces. Your risk of exposure to respiratory viruses like COVID-19 may increase in crowded, closed-in settings with little air circulation if there are people in the crowd who are sick.
- In public, aim to stay at least six feet away from others.
- Avoid physical contact with others (no handshakes, hugs, etc.).
- Avoid caring for your grandchildren. Children often do not exhibit symptoms of the virus, and they could pass it to you without knowing.

Delay travelling abroad

- Avoid all non-essential travel including plane trips and cruises.

- Effective 17 March, 2020, all persons arriving into Bermuda will be required to self-quarantine for 14 days and should expect to do so subject to Public Health monitoring.

Practice good hygiene in public spaces

- To the extent possible, avoid touching high-touch surfaces in public places such as elevator buttons, door handles, handrails, handshaking with people, etc.
- Wash your hands after touching surfaces in public places.
- Use a tissue or your sleeve to cover your hand or finger if you must touch something.

Clean and Disinfect your home

- Clean and disinfect your home to remove germs: practice routine cleaning of frequently-touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones).

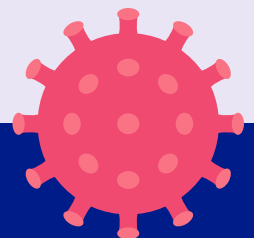
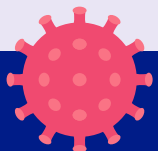
Have supplies on hand

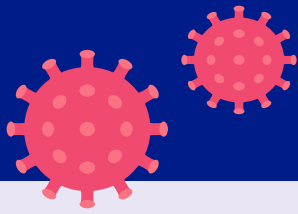
- Contact your healthcare provider to ask about obtaining extra necessary medications to have on hand in case there is an outbreak of COVID-19 in Bermuda and you need to stay home for a prolonged period of time.
- Be sure you have over-the-counter medicines and medical supplies (tissues, etc.) to treat fever and other symptoms. Most people will be able to recover from COVID-19 at home.
- Have enough household items and groceries on hand so that you will be prepared to stay at home for a period of time.
 - Consider ways of getting food brought to your house through family, social, or commercial networks.

Have a plan for if you get sick

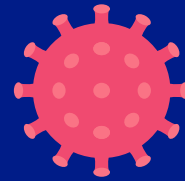
- Consult with your healthcare provider for more information about monitoring your health for symptoms suggestive of COVID-19.

Stay informed on the latest developments about COVID-19 by visiting the Government of Bermuda's website <https://www.gov.bm/coronavirus>





COVID-19 (Coronavirus)



- Stay in touch with others by phone or email. You may need to ask for help from friends, family, neighbors, community health workers, etc. if you become sick.
- Determine who can provide you with care if your caregiver gets sick.

Watch for symptoms and emergency warning signs

- Symptoms of COVID-19 appear within two to 14 days after exposure and include:

Symptoms

- Fever (usually this means a temperature of 100.4°F/38°C and up)
- Cough
- Shortness of breath

- If you feel like you are developing any of these symptoms, call your doctor. If your symptoms include emergency warning signs, call your doctor immediately and state these explicitly:

Emergency warning signs

- Difficulty breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

What to Do if You Get Sick

- Stay home and call your doctor (do not go to the hospital unless your doctor advises it).
- Keep your family and friends informed of how you are doing.



FOLLOW TRAVEL GUIDELINES

Follow canceling or postponing travel advice issued by the Government of Bermuda.



WASH YOUR HANDS

Stop the spread of disease-causing germs by washing your hands often. Use hand sanitizer if soap and water are not available.



DON'T TOUCH YOUR FACE

Keep your hands away from your eyes, nose and mouth to prevent the spread of viruses from your hands.



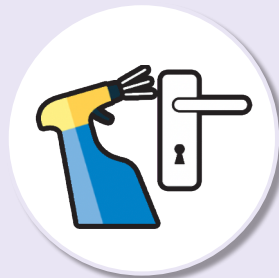
COVER YOUR MOUTH & NOSE

When you cough or sneeze, cover your mouth and nose with a tissue or your sleeve, rather than your hands.



AVOID CONTACT WITH THE SICK

Wash your hands frequently to get rid of germs you may have picked up from other people.



CLEAN AND DISINFECT

Use a virus-killing disinfectant to clean frequently used surfaces such as doorknobs.



STAY HOME WHEN SICK

Avoid going out when you are sick, except to get medical care.



MAINTAIN HEALTHY HABITS

Get enough sleep, eat healthy foods, drink plenty of liquids and exercise if you are able to help keep your immune system strong.

Source: <https://newsroom.clevelandclinic.org/2020/03/15/frequently-asked-questions-about-coronavirus-disease-2019-covid-19/>

