



SPECIAL GUIDANCE FOR TEXANS OVER 65

People 65 years or older, especially people 65 years or older with medical issues like heart disease, diabetes, cancer, or a weakened immune system, are at a higher risk for getting very sick or dying from COVID-19. Every Texan is part of the solution. Strictly adhere to all [CDC guidelines](#), as well as all recommendations in this document.

1. STAY HOME IF YOU CAN

- ☑ Minimize face-to-face contact with others. Avoid young children.
- ☑ If someone is assisting you, you and your family members or caretaker should wear cloth face masks. Remember a family member or caretaker can give you the virus even if they don't appear to have symptoms.
- ☑ Try grocery or restaurant delivery, mail order prescriptions, and phone appointments with your doctor. **Call 2-1-1 if you need help with essentials.**
- ☑ Reach out to friends, family, or neighbors who can deliver essential items.

2. HELP SAVE LIVES

- ☑ If you must go out, wear a cloth face mask, and stay six feet away from others.
- ☑ Wash your hands often and for at least 20 seconds, or use hand sanitizer with at least 60% alcohol.
- ☑ Disinfect surfaces, buttons, handles, knobs, and other places touched often.
- ☑ Do not share dishes, drinking glasses, cups, or eating utensils with others.
- ☑ If you have mild symptoms (difficulty breathing, or a rapidly worsening cough or fever), call your healthcare provider. **If symptoms are severe, call 9-1-1.**

3. CHECK IN

- ☑ Check in regularly with neighbors, friends, and family by calling, texting, emailing, video chatting, or even writing letters.
- ☑ Walking, gardening, digital books, games, and online religious services are great ways to stay active and connected.