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.