

HELPING OUR ELDERS

8 out of 10 deaths reported in the U.S. have been people age 65 and older

Postpone unnecessary doctor visits.

If an elder is feeling well, consider helping them postpone elective procedures, annual checkups and other non-essential doctor visits.

Make Sure They Have Their Medications

If they have medications that they need to take, help them call their provider to see if they can get enough medication to last them for at least a month. The Chief Andrew Isaac Health Center is mailing prescriptions to patients to help reduce exposure.

Volunteer to Grocery Shop for Them

Those who are at high-risk should not be shopping for groceries at this time. Designate someone to do their shopping for them once a week. Groceries can be dropped off outside their home if possible.

Make Sure They Are Following Precautions

Make sure they know what they should be doing to stay safe; washing hands, staying 6ft away, and not leaving the house. If possible, print out information for them to read. You can find signs to print at www.tananachiefs.org/covid19

Help Them Stay Involved

Show them how to video chat with others using smartphones, laptops or tablets. Encourage friends and family outside the home to call, write notes, or send cards to help lift their spirits.

