

# Prevent the Spread of COVID-19

## Important reminders for senior citizens



### Social distancing while staying active

Social distancing means not having people visit you in person and not visiting others in person. Call, text, or email but avoid contact.

### Wash your hands often

Practice good hygiene. Wash your hands and avoid touching your face. Sneeze or cough into a tissue or the inside of your elbow.



### If you feel sick call your doctor

It is very important to contact your doctor if you are feeling sick and stay away from other people.

### Stay connected to friends and family

Stay connected to your loved ones, but not in person. Avoid contact but keep in touch through phone calls and other technology.



### Keep yourself busy

Find things to keep yourself busy. Read, get back into an old hobby, learn a new technology, talk with friends and family over the phone.



**Anoka County**  
MINNESOTA

Respectful. Innovative. Fiscally Responsible

For more information go to:  
[www.anokacounty.us](http://www.anokacounty.us)  
or call the Senior Linkage Line:  
1-800-333-2433