

SPECIAL EDITION: COVID-19 PREPARATION



Salt Lake County Aging & Adult Services
Senior Center Newsletter
March 2020

MORE INFORMATION

Stay informed on COVID-19 news and information by visiting:

- cdc.gov/coronavirus
- coronavirus.utah.gov
- slco.org/health/COVID-19

OLDER ADULTS & SOCIAL DISTANCING

Salt Lake County Senior Centers remain open at this time, however it may become necessary to temporarily close them if there is a viral outbreak in our community. Older adults age 60+ are at a higher risk for contracting COVID-19 when it arrives in Salt Lake County. Those who are at a higher risk of getting sick are encouraged to take social distancing measures to protect themselves and others.

Social Distancing is the practice of avoiding close contact with others in order to prevent the spread of disease.

WHAT THE CDC RECOMMENDS

In areas currently experiencing transmission of COVID-19 in the community, the U.S. Centers for Disease Control and Prevention (CDC) recommends that older adults and others who are at higher risk of illness take social distancing actions. While Salt Lake County is not, as of March 9, experiencing community transmission, you should prepare for that likelihood by familiarizing yourself with the following recommendations:

- o Stay at home as much as possible.
- o Make sure you have access to several weeks of food, medications, and basic supplies in case you need to stay home for a prolonged period of time.
- o Consider ways of getting food brought to your house through family, social, or commercial networks.
- o When you go out in public, keep away from others who are sick, limit close contact, and wash your hands often.
- o Avoid crowds and high-traffic public places; reduce face-to-face contact with others as much as possible.
- o 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.



Cover your cough and stay home if you're not feeling well.



Stay connected digitally while you practice social distancing and everyday precautions.

Follow the Salt Lake County Health Department for Updates.  

- o Make a plan for emergency caregiving in case you or your caregiver becomes sick.

WHAT SALT LAKE COUNTY RECOMMENDS

COVID-19 has not arrived in Salt Lake County yet, however it is important to know the symptoms and emergency warning signs. Potential COVID-19 symptoms include, fever, cough, and shortness of breath. If you feel like you are developing symptoms, call the Utah COVID-19 Hotline: 800-456-7707.

Salt Lake County Aging & Adult Services urges Senior Center participants to begin preparing for social distancing now.

- o Let your Senior Center manager know if you rely on the congregate meal as your sole source of daily nutrition.
- o Make plans to maintain social interactions with other participants through digital means, for example phone, email, and social media.
- o If a Center patron appears symptomatic, Senior Center staff may (at their discretion) request that they leave the facility in order to prevent the spread of illness.

Salt Lake County urges members of the public to check on older adults and loved ones who are at high risk of contracting the virus to help them prepare for the potential spread of COVID-19 in our community.

SALT LAKE COUNTY AGING & ADULT SERVICES

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