AARP has been working to promote the health and well-being of older Americans for more than sixty years. In the face of the coronavirus pandemic, AARP is providing information, advocacy and resources to help older people and those caring for them protect themselves from the virus, prevent it from spreading to others and cope with the health problems and financial disruptions caused by the virus.

Prevent the Spread of COVID-19

Greatest concern regarding recovery from the outbreak?

- **65%** Being infected with the virus and becoming ill
- **57%** Lack of social distancing and/or using masks
- **41%** Going to local businesses such as restaurants
- **31%** Attending large gatherings
- **25%** Staying connected to family or friends in nursing homes

**Percentages reflect answers received from the 114 respondents when asked to select their top 3 concerns.**

The best way to prevent illness is to avoid being exposed to this virus

There are some simple things that you can do to minimize exposure and to protect others.

### Stay Healthy

*If you must leave home,* consider wearing a cloth mask, maintain six feet of distance from others, wash your hands with soap and water for 20 seconds, use alcohol-based sanitizer, and clean all touched surfaces when you return home.

### Stay Safe

*Avoid close contact with people who are sick,* even inside your home. If possible, maintain 6 feet between the person who is sick and other household members. Put distance between yourself and other people outside of your home. Remember that some people without symptoms may be able to spread virus. Stay at least 6 feet (about 2 arms’ length) from other people.

### Stay Connected

*Check-in regularly* with neighbors, friends, and family by calling, texting, emailing, video chatting, or even writing letters.

Source: [CDC](https://www.cdc.gov)

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Data was gathered using a questionnaire and the results shouldn’t be considered scientific. Information that was gathered will be used to help identify options to aid communities during this challenging time. One hundred fourteen (114) responses were received between June 1- June 15, 2020.