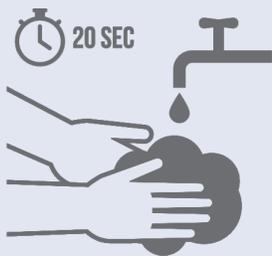


# 15 HEALTH TIPS FOR SENIORS

Older adults seem to be at a **higher risk for developing serious complications from COVID-19**. That may be due, in part, to the decline in immune function that's related to aging, as well as a higher potential for underlying conditions such as heart or lung disease, or diabetes.

Here are some simple things seniors can do to stay as healthy as possible during the pandemic.

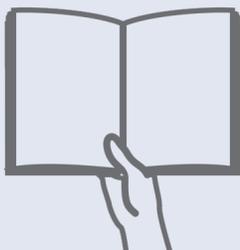
## Reducing the Risk of Contagion



- Stay home.
- If you must go out, wear a mask that covers your nose and mouth.
- Wash your hands with soap and water for at least 20 seconds.
- When away from a sink, use a hand sanitizer that's at least 60% alcohol.
- Clean and disinfect frequently touched surfaces around the house.
- Try not to touch your face.

## Coping with Stress

Prolonged exposure to stress can negatively impact not just your emotional well-being, but your physical health, too.



- Give yourself a break from news and social media about the pandemic.
- Be intentional about unwinding. Find something that relaxes you, such as reading, listening to music, watching movies, or enjoying nature.



- Stay connected to friends and family. Feeling lonely does great harm to your mind and body, so pick up the phone, reach out on social media, or write letters and emails regularly.
- Keep moving. Exercise can help reduce stress and elevate mood-enhancing hormones. Go for a walk or bike ride, take an online fitness class or do some gardening.
- Get sleep. Try to stick to a regular routine of going to bed and getting up at the same times each day. If you need help getting to sleep, try some relaxing bedtime routines, such as meditating, reading, or even coloring.

## Eating Healthy



- Stay hydrated. For some, aging brings loss of a sense of thirst, which makes it easier to get dehydrated. Water is best for you, but you can also have low-fat milk or 100% juice. You can also eat fruits and vegetables high in water.
- Eat the rainbow. To get a big nutritional boost, eat a variety of fruits and vegetables of all colors.
- Prepare healthy meals. Prepackaged frozen meals are convenient, but they typically have far more sodium and/or sugar than is recommended for older adults. This is a great time to try new recipes, or to try food subscription boxes, where they send you all the ingredients you need to make a healthy meal.

## Avoiding Scams



- The FBI reports a spike in fraudulent claims against people taking advantage of the pandemic. Some are selling fake treatments or cures that can be extremely dangerous. Never accept a treatment that doesn't come from your medical health professional.

### Sources:

- [CDC.gov](https://www.cdc.gov)
- [National Institutes of Health](https://www.nih.gov)
- [FBI](https://www.fbi.gov)

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