**Protecting Elders from COVID-19**

**While most COVID-19 infections cause only mild illness, our Elders, especially those with pre-existing conditions like diabetes, heart disease, and lung disease, may be at higher risk from the new virus.**

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| Image result for social distancing sign | **Social Distancing**   * Avoid in person visits |
| **C:\Users\stinsel\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\57CA5D67.tmp** | **Grocery Shopping**   * Shop for your Elder * Arrange “no-touch” delivery |
| Image result for phone icon | **Virtual Connection**   * Call often * Try video calling * Get the grandchildren to make videos for grandparents |