

Alzheimer's Disease Research Center (ADRC)



Newsletter 6

Given the current situation with coronavirus (Covid 19), it's important to stay safe in a number of different ways. While the key recommendations to maintain social distance, minimize contacts, wash hands frequently and thoroughly, and keep surfaces clean are essential, it's also important to stay safe in other ways. To avoid the possibility of a fall and injury requiring medical attention, please see some of the helpful hints outlined below, along with resources for more information.

Covid 19 Update

Meet a new hero
in the fight against coronavirus.



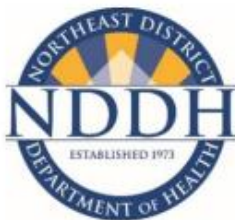
NOW, more than ever,
is the time to **STAND STRONG.**

What does fall prevention have to do with the COVID-19 pandemic? Older adults who fall are among the heaviest users of emergency rooms and 9-1-1. Older adults are at highest risk to suffer the serious effects of coronavirus disease.

Right now, emergency departments, hospitals, health care personnel and first responders face an unprecedented load due to COVID-19. Call 9-1-1 if it's an emergency, of course. But please make the extra effort to prevent yourself from falling. Help reduce the load on our health care systems while reducing your chances of contracting COVID-19.

Stay hydrated • Toilet regularly • Take medications as prescribed
Use your assistive devices • Check in regularly with family members
Avoid risky behaviors – when tempted, think *“I’m not falling for it!”*

STAY HOME • STAY SAFE
STAY ON YOUR FEET



For more information you can contact:

The CDC website is an excellent source of reliable information:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Local Health Department Numbers can be found here

https://www.cdc.gov/coronavirus/2019-ncov/downloads/Phone-Numbers_State-and-Local-Health-Departments.pdf

Thank for your interest in the Yale ADRC. For more information on our studies or to participate in studies please call or visit our website.

203-764-8100

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