Explaining COVID-19.
- Think about what you want to say ahead of time. Anticipate the questions the person might have.
- Contact your local Alzheimer Society to speak with knowledgeable staff about your situation.

Maintain hygiene.
- Provide step-by-step instructions for handwashing and demonstrate alongside the person.
- Try your best to follow public health guidelines, but don’t expect perfection.

Take care of yourself.
- Go for a daily walk to stay physically active.
- Take things one day at a time.

Stay active at home.
- Consider the person’s likes, dislikes and current abilities when planning an activity.
- If you live away from the person, pick up the phone or use Skype, Zoom or video chat to do activities together.

Stay connected.
- Schedule regular calls with friends or family—even if it’s only for a few minutes.

What to do if you get COVID-19
- Make a plan in case you or the person you care for becomes ill.
- If you are experiencing symptoms, contact your healthcare provider or local public health agency.

Protecting against COVID-19 is critical. Luckily, this can be done by adopting existing ways of communications and a few simple protective measures into daily routines. Connect with your local Alzheimer Society for more information and support.