

# COVID-19 Considerations for Senior Housing

Protecting seniors living in communal housing facilities is important and is necessary to stop the spread of COVID-19 as well. Check the health of seniors often, but practice measures to lessen the spread of COVID-19, such as telehealth and social distancing (staying at least 6 ft. away) when practical.



## Cleaning

- Clean and disinfect surfaces that are frequently touched. Surfaces such as sinks, door knobs, bathroom surfaces, tables and chairs, and phones should be cleaned often.
- Follow the instructions on your cleaner/disinfectant for how long the surface needs to remain wet to be effective.
- For disinfection, household bleach solutions (1/3 cup of unscented household bleach per one gallon of water), alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective when used properly.
- Use disposable towels for cleaning or multiple cloth towels. Launder cloth towels immediately after use.



## Daily Activities

- Wash your hands often with soap and warm water (for 20 seconds). If soap and water are not available, use a hand sanitizer with at least 60% alcohol content.
- Avoid touching your eyes, nose, or mouth with unwashed hands. Cover your mouth/nose with a tissue or sleeve when coughing or sneezing. If you use a tissue, discard immediately.
- Stay home if you are sick and avoid close contact with others.
- Increase your overall health make healthy dining choices, get plenty of rest, adhere to doctors' orders, and practice good hygiene (handwashing, bathing, wash clothes that are soiled immediately).
- Practice social distancing, stay six feet away from others and limit group social gatherings. Going for a walk outdoors or spending time outdoors can help cope with anxiety.
- Avoid unintentional group gatherings in common areas or lobbies. If there are numerous people in a small area (recreation area or laundry room), come back at another time when the group is gone.
- Limit unnecessary travel, only go to the places you need to visit in person (grocery store, pharmacy, doctor's office).
- If food is delivered to your home, allow the delivery person to place it outside and retrieve the delivery after they have departed. If food must be brought in, designate a flat, smooth surface to place the food on and keep it clean and disinfected. Remove the food from the delivery containers, immediately throw those containers away and wash hands immediately.
- Reach out to community members, friends, and family to ask for help with delivery of necessary items to avoid contact with others.

## Stay Informed

For additional information on COVID-19, visit the Missouri Department of Health and Senior Services Website at: <https://health.mo.gov/living/healthcondiseases/communicable/novel-coronavirus/> Additional information for seniors can be found at: <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications/older-adults.html>

**For more information: [www.health.mo.gov/coronavirus](http://www.health.mo.gov/coronavirus)**

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