

COVID-19 Recommendations for Older Adults:

The risk of severe illness from COVID-19 increases with age. CDC recommends that adults 65 years and older receive **COVID-19 vaccines**. Getting a COVID-19 vaccine is an important step to help prevent getting sick from COVID-19.

- Vaccination is the leading public health prevention strategy to help end the COVID-19 pandemic.

COVID-19 vaccines in older adults reduce deaths, hospitalizations, and number of cases.



The more closely you interact with others and the longer that interaction lasts, the higher the risk of COVID-19 spreading.

Wear A Mask: Older adults who are not fully vaccinated should practice consistent and correct mask use indoors and in crowded settings, when physical distancing cannot be maintained. People who have a condition or are taking medications that weaken their immune system may not be fully protected, even if they are up to date on their COVID-19 vaccines. They should talk to their healthcare providers about what additional precautions may be necessary.

- Masks should cover the nose and mouth, fit snugly, and have multiple layers.
- Wearing masks may be difficult for people with sensory, cognitive, or behavioral issues; people with some disabilities; or people with dementia. Staff members should pay close attention and provide necessary support to participants who have trouble remembering to put on a mask, keeping it on, and removing it when needed.
- Masks should not be worn by a person with a disability who cannot wear a mask or cannot safely wear a mask.



Use [CDC's COVID-19 booster tool](#) to learn if and when you can get boosters to stay up to date with your COVID-19 vaccines.

For additional resources, please visit:

[COVID-19 Recommendations for Older Adults \(cdc.gov\)](https://www.cdc.gov/olderadults/)

camden county

Making It Better, Together.