

**COVID-19 TIPS FOR SENIOR CITIZENS**  
**MARCH 16, 2020**

1. Grocery shop for seniors who are housebound due to high health risk.
2. Prepare packages and make post office runs for them.
3. Open the church to childcare for the children and grandchildren of health care workers while schools are closed.
4. Prepare medical needs: Create a customized seven-day supply of medicines, include backup batteries for equipment which they use. Find out where they have to go should their medical facility have to close.
5. Make and deliver World Health Organization's (WHO) recipe for homemade hand sanitizer:
6. **RECIPE:**
  - 2/3 cups 91% Isopropyl Alcohol
  - teaspoons Glycerol
  - 1 Tablespoon
  - Hydrogen Peroxide
  - 1/4 cup Distilled Water
7. Spray Bottle
8. Glycerol keeps hands moisturized from drying out. If glycerol is unavailable, use moisturizing cream after use.
9. Prepare an emergency grab-and-go bag (e.g. flashlight, blanket, Ready-to-eat meals). Photocopy and include ID and Medical Insurance Cards.
10. Provide transportation to the Volunteer Income Tax Assistance (VITA) program who offer free tax help for seniors over 60. Certified IRS volunteers specialize in pensions and retirement related tax counseling. VITA receives grants from the IRS.
11. Pre-plan how family members will get in touch with one another. Prepare phone numbers and email addresses for them and choose an out-of-town person whom they all can contact to check in.
12. Provide Beginner Computer 101 instruction and resource contact information in the event of an emergency.
- **13. USA GOVERNMENT CAREGIVER RESOURCES**  
<http://www.usa.gov/Citizen/Topics/Health/caregivers.shtml>