

HELPFUL TIPS DURING COVID

Dayne DuVall, LMT, CAEd

Dr. Kiran C. Patel College
of Osteopathic Medicine
NOVA SOUTHEASTERN UNIVERSITY

NSU
Florida

South Florida Geriatric Workforce Education Program

Dayne DuVall, LMT, CAEd

**Alzheimer's Disease and Related Dementias
Curriculum Coordinator**

**GWEP - Geriatric Workforce Enhancement
Program**

**Kiran C. Patel College of Osteopathic Medicine
Department of Geriatrics**

Nova Southeastern University

Nationally Certified Alzheimer Educator

Florida-Approved Dementia Education Provider



YOU are a member of high-risk group for severe COVID illness

- Monitor your health – if you have primary symptoms (fever or chills, cough, shortness of breath) contact your health provider. In an emergency, call 9-1-1.
- Wash your hands often for 20 seconds when you visit public places and after you blow your nose, sneeze, or cough.

YOU are a member of high-risk group for severe COVID illness

- Avoid close contact with people – observe social distancing: stay at least 6 feet away from others.
- Wear a mask when in public – two masks are better than one (wash fabric masks daily)
- Cover coughs and sneezes – even with a mask.
- Clean and disinfect frequently touched surfaces daily.

When to seek emergency medical attention

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

CDC: Most Common Symptoms of COVID

- Fever or chills
- Dry or persistent cough
- Shortness of breath or difficulty breathing
- Tightness or pain in chest
- Fatigue
- Muscle or body aches
- Headache
- New loss or distorted sense of taste or smell
- Sore throat
- Congestion or runny nose
- Stomach issues: nausea, vomiting, diarrhea, loss of appetite, abdominal pain or discomfort



COVID TESTING

BROWARD COUNTY: 954-357-9500

COVID TESTING FOR HOMEBOUND:

The elderly who are experiencing symptoms of COVID-19 and cannot leave their homes CALL FIRST for a pre-qualifying assessment!



Area Agency on Aging
of Broward County

954.745.9779

AREA AGENCY ON AGING (formerly ADRC)

A one-stop source of information regarding services for seniors, their families, and caregivers. Programs: meals & food assistance, health & wellness classes, legal help, caregiver support, home assistance, medicare/medicaid counseling, senior centers & adult day programs, transportation services, Alzheimer's disease services.

2-1-1 BROWARD SENIOR TOUCHLINE

Free service to people 60+ that live alone. At a predetermined time each day, the senior receives a call from a 2-1-1 counselor for a wellness and safety check.



EMOTIONAL SUPPORT SERVICES

BROWARD COUNTY ELDERLY AND VETERANS SERVICES

DIVISION:

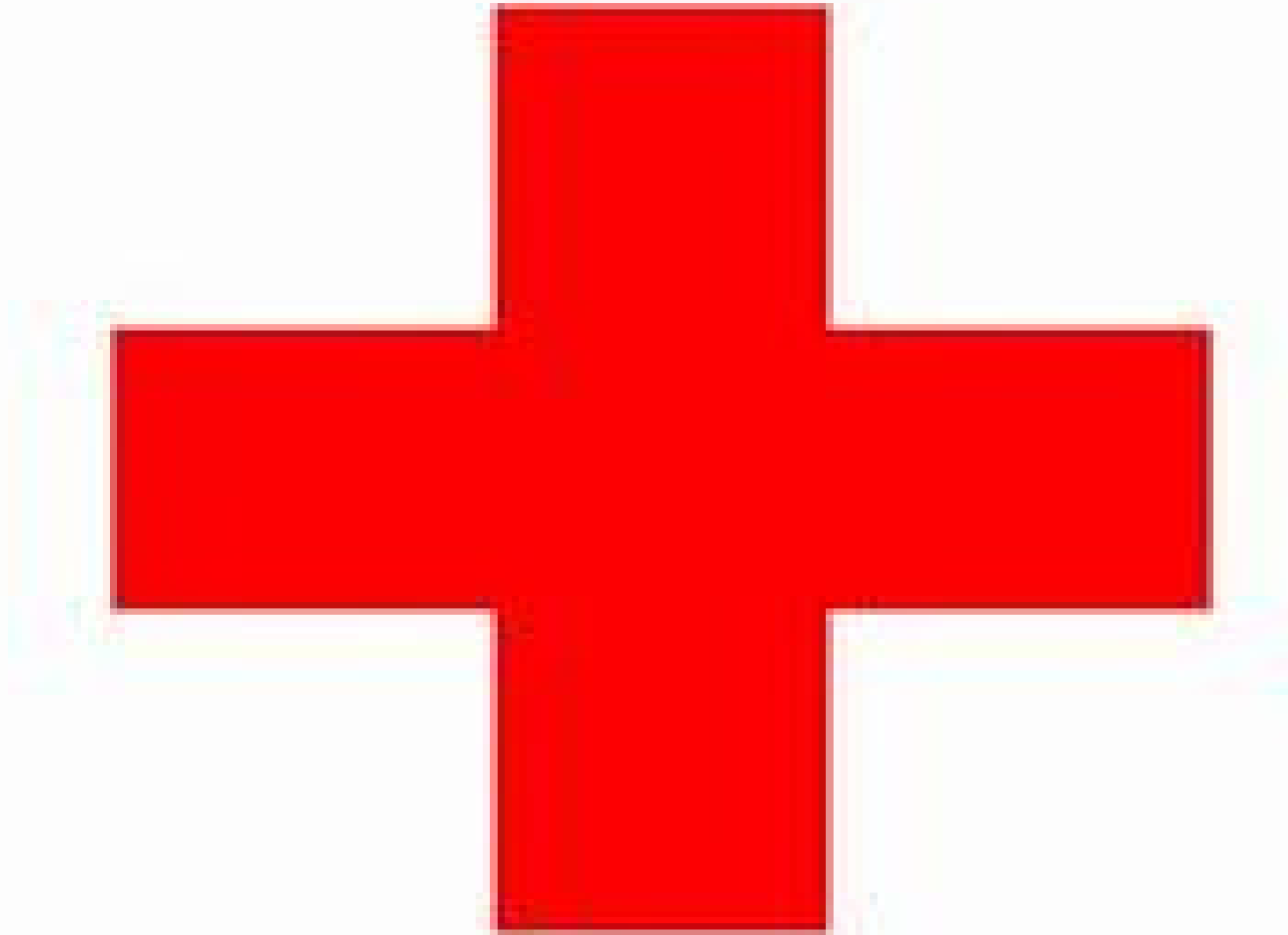
954-357-6622 TTD: 954-357-5481 www.broward.org

Spanish, Italian, French, Creole, Portuguese, Hindi, Hindustani, Urdu,
Kannada, Malayalam, Romanian

M-F: 8:00am-5:00pm

SOUTH FLORIDA INSTITUTE ON AGING

954-484-7117



WHEN TO SEEK MEDICAL HELP

If you experience any of the following – contact your health care provider.

- **In an emergency – dial 9-1-1.**
- **Primary COVID symptoms – fever or chills, cough, shortness of breath or difficulty breathing**
- **If your chronic health conditions change or become worse**
- **Any new illness or injury**

NOTE:

People have died from non-COVID health concerns because they didn't seek medical attention!

NOTE:

Please don't be that person who didn't
receive medical care because of worry of
COVID!

NOTE:

Hospitals are very careful to protect ALL
PATIENTS from COVID.

REMEMBER:

YOU are a member of high-risk group for severe COVID illness, please continue to take precautions.



SURVEY:

<https://redcap.nova.edu/redcap/surveys/?s=JP4YM388FH>



Presentation Title:

“HELPFUL TIPS DURING COVID”

Please answer 6 questions

Contact info:

Dayne DuVall, LMT, CAEd

Dayne@DayneDuVall.com