

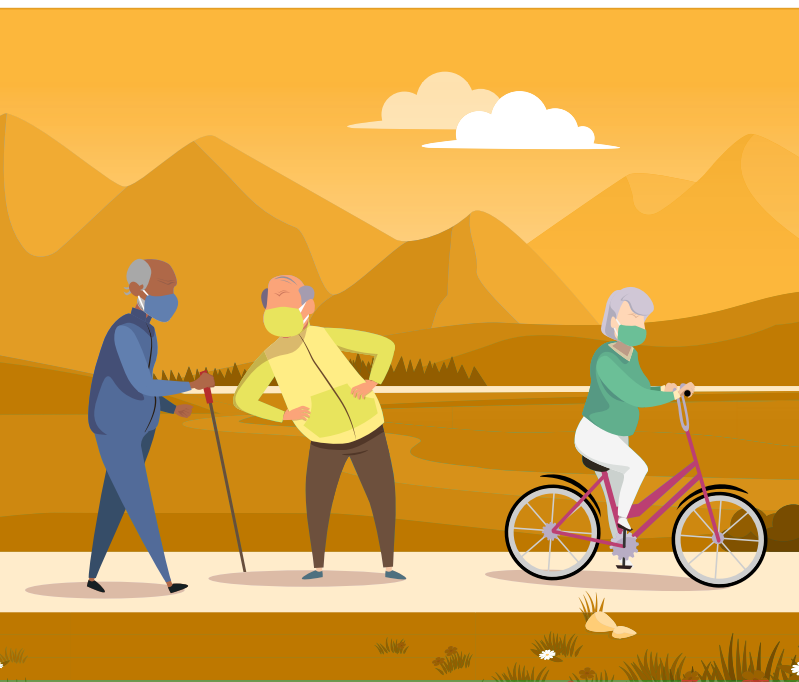
Older Adults: Care for yourself one small way each day



Find new ways to safely connect with family and friends, get support, and share feelings



Engage in creative social activities like painting, gardening, or new hobbies.



Treat yourself to healthy foods and get enough sleep



Take care of your body and get moving to lessen fatigue, anxiety, or sadness



Substance Abuse and Mental Health Services Administration
Disaster Distress Hotline: call or text 1-800-985-5990

cdc.gov/coronavirus