

AARP Live Announcer Copy Coronavirus Messaging

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There are over 40 million family caregivers in the U.S. And if you currently care for an older loved one, navigating coronavirus – COVID-19 – can be intimidating. AARP can help with tips on how to create a plan & how to prepare to care for someone who is at-risk. You can:

- Pull together a team – think about who in your network can help with key caregiving tasks**
- Inventory essential items – if possible, make sure your loved one has at least a two-week supply of food and medication**
- Create a plan to stay connected with your loved one – letters, video chat, and phone calls are great!**
- Remember to maintain your personal safety & self-care – follow CDC guidelines and only go out for essential supplies**

Visit *aarp.org/caregiving* for more information about caregiving and coronavirus and to access free Care Guides. That's *aarp.org/caregiving*.

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