



Comfort Pack
Care Package in Times of Isolation

INFO PACKAGE

COVID-19 INFORMATION FOR GENERATION 65+

— **COVID-19 Virus Infection – How to Protect your Parents and Grandparents?**

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/guidance-for-households-with-grandparents-parents-and-children-living-together-where-someone-is-at-increased-risk-or-has-symptoms-of-coronavirus-cov>

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

— **Protective Measures for High Risk Groups**

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/older-adults.html>

— **Advice for Pet Owners at the Time of Coronavirus Pandemic**

<https://www.cdc.gov/coronavirus/2019-ncov/animals/pets-other-animals.html>

— **Most Important Workout Exercises for the Elderly**

https://www.cdc.gov/physicalactivity/basics/older_adults/index.htm

<https://www.healthline.com/health/everyday-fitness/senior-workouts>

COVID-19 GENERAL GUIDES

General information on COVID-19

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

<https://www.ecdc.europa.eu/en/covid-19/questions-answers>

<https://www.ecdc.europa.eu/en/news-events/information-covid-19-specific-groups-patients-chronic-diseases-people>

COVID-19 Prevention

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention-H.pdf>

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>

Proper handwashing methods

https://www.who.int/gpsc/clean_hands_protection/en/

Grocery Shopping during COVID-19

[https://www.who.int/images/default-source/health-topics/coronavirus/eng-mythbusting-ncov-\(19\).tmb-1920v.png](https://www.who.int/images/default-source/health-topics/coronavirus/eng-mythbusting-ncov-(19).tmb-1920v.png)

<https://www.fda.gov/food/food-safety-during-emergencies/shopping-food-during-covid-19-pandemic-information-consumers>



Comfort Pack

Care Package in Times of Isolation

Disclaimer

We compiled the present contents of this PDF with the greatest care.

Information, data, recommendations published on the MOME website and in this PDF serve exclusively as references. MOME is not liable for the information being incomplete, for possible modifications, neither for problems, damages or malformation emerging from unprofessional/inadequate use or application. Application of the Care Packs and individual products recommended in these packs is voluntary and may take place only on one's own responsibility. Information and data presented on the MOME website are recommendations and they do not replace consultation with doctors or nurses. In case you need more information about features, uses of any care pack/product available at the MOME webpage, or perhaps in case you have complaints, please contact us at segitopakk@mome.hu.

References to other websites on the MOME webpage are also exclusively informative. MOME is not responsible for data and information published at external sites. We cannot influence contents appearing at other websites. Therefore we are not liable for illicit, fake, incorrect or incomplete contents and damage caused by using contents appearing under external sources.

segitopakk.mome.hu