

Symptoms



**coughing or
sneezing**



fever



**shortness
of breath**



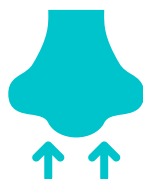
chills



sore throat



muscle ache



**loss of taste
or smell**

ABOUT US

Sovalis is an international 501(c)(3) non-profit organization promoting healthier communities worldwide.

EndingCOVID is a nonprofit initiative focused on helping those most affected by COVID-19 by donating supplies to vulnerable populations and workers on the frontlines.

Together, we are leading a grassroots movement to advance efforts against COVID-19.

CONTACT

DONATE: endingcovid.org

LEARN MORE: sovalis.org

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FOR SENIORS

DISCLAIMER

The content in this brochure is for informational purposes only. Sovalis and EndingCOVID hold no form of liability. Information gathered from the CDC as of 05/22/2020. For up-to-date information regarding COVID-19 please refer to cdc.gov.

What is COVID-19?

How the disease is spread

How to protect yourself

**How to seek care when
needed**

Presented by



SOVALIS



EndingCOVID

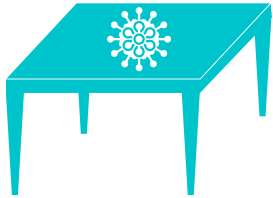
Transmission



Breathing droplets from coughs and sneezes

3 hrs

COVID-19 can stay in the air for up to 3 hours



Can remain on surfaces up to 5 days

2 to 14

The number of days to show symptoms varies

Prevention



Wash hands for at least 20 seconds

Stay at least 6 feet apart from others



Wear face covers when around others

Cover coughs and sneezes



Clean surfaces you touch often

Treatment



Stay home unless to get treatment



Isolate yourself from others



Monitor and track your symptoms



Call your doctor before going



Do not share personal items

CARES ACT OVERVIEW



**Cash payments
to Americans**



**Support for health
care providers**



**Financial relief to
small businesses**



**Aid to large
corporations**



**Unemployment
benefits**



**Expanded health
insurance coverage**



**Mortgage and
rent relief**

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Source: <https://www.annuity.org/financial-literacy/covid-19-financial-guide/>, 5/23/2020

FINANCIAL WELLNESS DURING COVID-19

Presented by





HEALTH CARE

Health savings account (HSA)-eligible high-deductible health plans (HDHPs) can cover COVID-19 testing and treatment, and telehealth care.

Medicare can cover telehealth care for seniors.

Coronavirus testing is free for people that are insured.

Anyone in any other type of health plan should contact their insurance company for more information.

UNEMPLOYMENT



The CARES Act adds 13 more weeks of unemployment insurance benefits through December 31, 2020.

Benefits are different in each state, so check your state's website to see if you qualify.



TAXES

The income tax filing deadline has been moved to July 15, 2020.

Filing earlier can allow you to get a tax refund sooner.

Visit www.IRS.gov/freefile for more help.



RETIREMENT

The CARES Act has doubled the standard limits for 401(k) loan.

Current loan repayments can be extended for up to one year.



SCAMS

Many people are using the COVID-19 pandemic to steal personal or financial information. Do not give your information to sources you don't know.

HOUSING



If you cannot make your mortgage payments, contact your loan servicer immediately.

If you cannot pay your rent, contact your landlord. Many states have banned evictions during this time.

Be careful with any relief offered. You may have to pay it all at once later on.



CREDIT AND LOANS

You may qualify for credit protection for up to 120 days after the pandemic emergency has ended. Contact lenders and credit card companies to apply.

Based on your situation, you may qualify for fee waivers.

Student loan payments are delayed without interest until September 30, 2020.