

**COV/ABN/20/08 - Looking after the elderly during the COVID-19 pandemic: a focus on addressing physical activity, loneliness, and help-seeking behaviour**

To curb COVID-19 infection and reduce NHS burden, the UK population must socially distance and self-isolate. Prohibiting group-based opportunities for physical activity and social interaction may threaten the health and well-being of older adults in the near and long term. Little is known about how older adults interpret and implement the COVID-19 public health messages. This study will assess how COVID-19 restrictions and messages have impacted older adults and use these insights to inform interventions which can help this group manage issues related to loneliness, physical activity and disease self-management.