

COVID-19 Recommendations for High Risk Populations

Certain populations have been identified as being at higher risk for getting very sick from COVID-19.

This includes:

- Adults over the age of 60
- People with serious chronic medical conditions, such as heart disease, kidney disease, diabetes and lung disease.

For more information from the Centers for Disease Control (CDC) visit [cdc.gov/coronavirus/2019-ncov](https://www.cdc.gov/coronavirus/2019-ncov)

To find out about COVID-19 testing, text **"testme"** to **833-382-0252**.

If you are at higher risk for getting very sick from COVID-19, you should:



Wash hands often with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that has at least 60% alcohol.



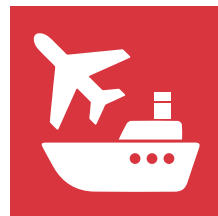
Avoid touching your mouth, nose and eyes.



Avoid "high touch" surfaces in public, like elevator buttons, door handles, and handrails. Use a tissue or sleeve to cover your hand or finger if you must touch something.



Limit close contact with others and be sure to stay away from people who are sick.



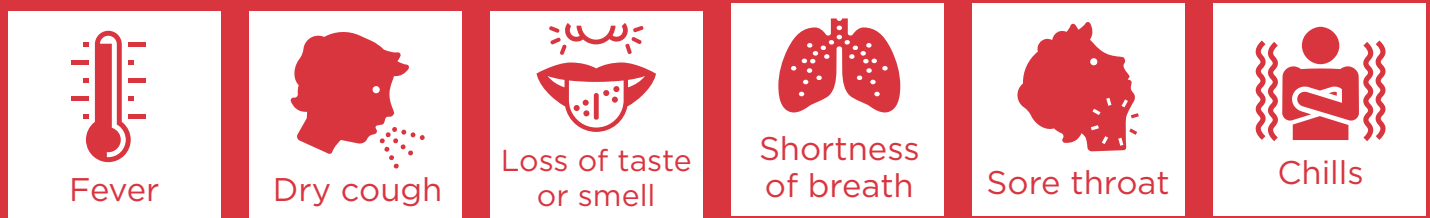
Avoid crowds. Do not fly or take cruises.

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Be Prepared.

- ♥ Have basic, over-the-counter health supplies such as a thermometer, facemasks, tissues, soap, hand sanitizers and medicine to relieve fever.
- ♥ Make sure you have enough of any prescription medicines you and/or your family take. Talk to your health care provider about obtaining extra prescription medications to have on hand. If you cannot get extra medications, consider mail order options.
- ♥ Plan to buy and store at least two weeks of food and water for yourself, your family, and pets.
- ♥ Clean and disinfect frequently touched surfaces and objects in your home, such as tables, doorknobs, light switches and phones.
- ♥ Stay in touch with others by phone or email. You may need to ask for help from friends, family or neighbors if you get sick.
- ♥ Determine who can provide you with care if your caregiver gets sick.

Monitor Symptoms:



Call your health care provider and let them know about your symptoms. Also, let them know if you may have been exposed to COVID-19.

What to do if you get sick:

Get medical attention immediately if you or your loved one experience any of the following:

- ♥ Difficulty breathing
- ♥ Persistent pain or pressure in the chest
- ♥ New confusion or extreme fatigue
- ♥ Bluish lips or face