ARE YOU AT INCREASED RISK OF GETTING VERY SICK FROM COVID-19?

YOU ARE IF YOU'RE:
Age 65 or older
Are pregnant
Have a chronic medical condition like:
- Lung disease
- Asthma
- Serious heart conditions
- Diabetes
- Severe obesity
- Renal failure
- Liver disease

TO REDUCE YOUR RISK OF GETTING SICK:

- **Take everyday precautions**
  - Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, or having been in a public place.
  - If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
  - To the extent possible, avoid touching high-touch surfaces in public places.
  - Avoid touching your face, nose, eyes, etc.
  - Clean and disinfect your home to remove germs.
  - Avoid crowds, especially in poorly ventilated spaces.
  - Avoid all non-essential travel.
  - Stock up on your supplies.

- **Have supplies on hand**
  - Contact your healthcare provider to ask about obtaining extra necessary medications.
  - Have enough household items and groceries on hand.
  - Be sure you have over-the-counter medicines and medical supplies.

- **If COVID-19 is spreading in your community**
  - Stay home.
  - Consider ways of getting food brought to your house.

- **Have a plan for if you get sick**
  - Consult with your health care provider.
  - Stay in touch with others by phone or email.
  - Determine who can care for you.