

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.