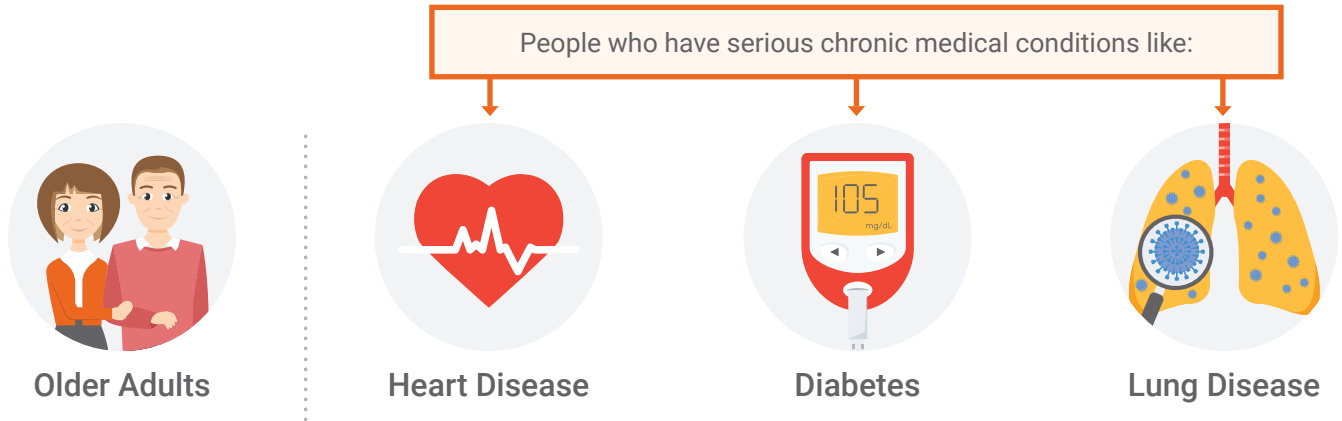# PEOPLE AT RISK FOR SERIOUS ILLNESS FROM COVID-19

Older Adults (ages 60 and up) & Individuals with Underlying Health Conditions

Early information out of China, where COVID-19 first started, shows that some people are at higher risk of getting very sick from this illness. This includes:

People who have serious chronic medical conditions like:

Older Adults

Heart Disease

Diabetes

Lung Disease

If a COVID-19 outbreak happens in your community, it could last for a long time. An outbreak is when a large number of people suddenly get sick. Depending on how severe the outbreak is, public health officials may recommend community actions to reduce people's risk of being exposed to COVID-19. These actions can slow the spread and reduce the impact of disease.

If you are at higher risk for serious illness from COVID-19 because of your age or because you have a serious long-term health problem, it is extra important for you to take actions to reduce your risk of getting sick with the disease.

Get Ready for COVID-19 Now

Have supplies on hand

Contact your healthcare provider to ask about obtaining extra necessary medications to have on hand in case there is an outbreak of COVID-19 in your community and you need to stay home for a prolonged period of time.

If you cannot get extra medications, consider using mail-order.

Be sure you have over-the-counter medicines and medical supplies to treat fever and other symptoms.

Take everyday precautions

Avoid close contact with people who are sick.

Clean and disinfect your home to remove germs.

20 SEC Wash your hands often with soap and water for at least 20 seconds.

If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.

Avoid crowds, especially in poorly ventilated spaces.

Wash your hands after touching surfaces in public places.

Avoid touching your face, nose, eyes, etc.

To the extent possible, avoid touching high-touch surfaces in public places – elevator buttons, door handles, handrails, handshaking with people, etc. Use a tissue or your sleeve to cover your hand or finger if you must touch something.

If COVID-19 is spreading in your community, take extra measures to put distance between yourself and other people. Stay home as much as possible. Consider ways of getting food brought to your house through family, social, or commercial networks.

Have a plan for if you get sick

✓ Consult with your health care provider for more information about monitoring your health for symptoms suggestive of COVID-19.

✓ Stay in touch with others by phone or email. You may need to ask for help from friends, family, neighbors, community health workers, etc. if you become sick.

✓ Determine who can provide you with care if your caregiver gets sick.

✓ Most people will be able to recover from COVID-19.

Watch for symptoms and emergency warning signs:

• Pay attention for potential COVID-19 symptoms including, fever, cough, and shortness of breath. If you feel like you are developing symptoms, call your doctor.

• If you develop emergency warning signs for COVID-19 get medical attention immediately (call 911). In adults, emergency warning signs*:

Difficulty breathing or shortness of breath

Persistent pain or pressure in the chest

New confusion or inability to arouse

Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.

Guidance from the Centers for Disease Control and Prevention (https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html) used to inform content and design.