

# Advice for people at high risk for COVID-19

## Who is at high risk?

COVID-19 causes a mild illness in many. But certain factors may increase your risk for more serious illness. These include:

- ✔ **Age 65 or older.**
- ✔ **Living in a long-term care facility.**
- ✔ **Smoking.**
- ✔ **Ongoing serious health issues.** Some examples are:
  - Chronic lung disease or asthma.
  - Heart problems.
  - A weakened immune system.
  - Cancer treatment.
  - Diabetes.

This is not a complete list. If you have a chronic health problem, ask your doctor if you should take extra precautions during the outbreak.

**If you are pregnant,** it's safest to consider yourself at higher risk. Although it's not known yet whether COVID-19 is dangerous for you or your baby, pregnancy increases the risk for serious illness from viruses similar to COVID-19.

## What you can do to stay safe



### Stay home.

- ✔ **Stay home as much as you can.** This may be the easiest way to avoid exposure, as long as no one else in your household has the virus.
- ✔ **If there are a lot of COVID-19 cases in your community, do not leave your home except to seek medical care.**
- ✔ **Limit visitors right now.** It's especially important to avoid contact with anyone who is sick or who might have been exposed. Remember that people may have been exposed without knowing it or having any symptoms.
- ✔ **Have enough food, medicines, and other supplies on hand so that you don't have to go out.** Try some of these options if you don't have what you need:
  - Use delivery and takeout services for groceries and meals.
  - Have a healthy family member, friend, or neighbor shop for you.
  - Ask your doctor for extra prescription medicine.
- ✔ **Routinely clean and disinfect high-touch surfaces.** These include countertops, faucets, door handles, doorknobs, and phones.
- ✔ **No traveling!**



- ✔ **Call a doctor if you develop symptoms of COVID-19 (fever, cough, shortness of breath).** If you are advised to get testing or care and must go out, wear a cloth face cover.



### **Wash your hands often and well.**

- ✔ **Wash your hands often, especially after you cough or sneeze.** Use soap and water, and scrub for at least 20 seconds. If soap and water aren't available, use an alcohol-based hand sanitizer.



### **Be extra careful if you have to go out.**

- ✔ **Avoid crowds and crowded places.** Try to keep 6 feet of space between yourself and others, and wear a cloth face cover.
- ✔ **Don't use public transportation, ride-shares, or taxis unless you have no choice.**
- ✔ **Try not to touch things that many other people have touched.** Door handles, elevator buttons, shopping cart handles, and handrails on escalators get a lot of touches.
- ✔ **Carry tissues or paper towels with you.** If you must touch something, you'll be able to protect your hands.
- ✔ **Don't shake hands with anyone.** Try a friendly wave instead.
- ✔ **Don't touch your face, and wash your hands often.**
- ✔ **Wash your hands again as soon as you get home.**