

HOW TO PROTECT YOURSELF FROM COVID-19 IF YOU ARE AT HIGHER RISK OF SEVERE ILLNESS

Are You at Higher Risk for Severe Illness?



EVERYONE IS AT RISK OF GETTING COVID-19.

Those at higher risk for more severe illness include:

- People over 60 years of age. The risk increases significantly thereafter and escalates with age, with persons over age 80 in the highest risk category.
- People of all ages with underlying medical conditions, including chronic lung diseases or asthma, heart disease, diabetes, severe obesity, chronic kidney or liver disease, as well as those with severely weakened immune systems.

REDUCE YOUR RISK OF GETTING SICK

- Take everyday precautions – stay home as much as possible, practice social distancing, wash your hands often, clean and disinfect frequently touched surfaces, and avoid non-essential travel.
- Consider ways of getting medications and food brought to your house through family, social, or commercial networks.
- Continue your medications and do not change your treatment plan without talking to your doctor.
- Have at least a 2-week supply of prescription and non-prescription medications. If you cannot get extra medications, consider using mail-order.
- Talk to your healthcare provider about whether your vaccinations are up-to-date.
- Take care of your mental health – take a break from the news, eat healthy, exercise regularly, stay in touch with others by phone or mail, and reach out for help if feelings of intense fear, anxiety and distress become overwhelming.
- Do not delay getting emergency care for your underlying condition because of COVID-19.
- Pay attention for potential COVID-19 symptoms including fever, cough, and difficulty breathing.
- Call your healthcare provider even if you get mildly sick and think that you may have COVID-19. If you need emergency help, call 911.

HAVE A PLAN IF YOU GET SICK

- Determine who can care for you if your caregiver gets sick.
- Be sure you have over-the-counter medicines and medical supplies (tissues, etc.) to treat fever and other symptoms. Most people will be able to recover from COVID-19 at home.
- Have enough household items and groceries on hand so that you will be prepared to stay at home.
- Have a plan for someone to care for your pets during your illness.