COVID-19

INFORMATION FOR HIGH RISK GROUPS

SELF-MONITOR & PRACTICE SOCIAL DISTANCING

Senior adults and those with chronic health conditions are at higher risk for complications of COVID-19. The CDC recommends the following for people over the age of 60 and anyone with heart, lung or kidney disease, cancer or diabetes:

- Stay home as much as possible
- Make sure you have access to medications & supplies in case you are advised to stay home
- When you go out in public, keep away from others who are sick, limit close contact & wash your hands often
- Avoid crowds

KNOW THE SYMPTOMS OF COVID-19

- FEVER
- COUGH
- SHORTNESS OF BREATH

COVID-19 SPREADS THROUGH CLOSE CONTACT

TAKE EVERYDAY PRECAUTIONS

- WASH YOUR HANDS
- DON'T TOUCH YOUR FACE
- AVOID SICK PEOPLE

Barry-Eaton District Health Department