

# 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