

CORONAVIRUS (COVID-19)

ARE YOU AT RISK?



WHO IS AT HIGHER RISK FOR COVID-19?

- Older adults (60 years or older).
- People with pre-existing health conditions: heart disease, diabetes, lung disease or a suppressed immune system.

HOW TO STAY HEALTHY

- Wash hands often with soap and water for at least 20 seconds.
- Avoid touching your mouth, nose or eyes with unwashed hands.
- Cover coughs/sneezes with your elbow or a tissue, then throw the tissue in the trash.
- Keep space between yourself and others - at least 6 feet away.
- Keep away from others who are sick.
- Clean and disinfect all "high-touch" objects and surfaces daily.
- Stay home if you are ill.



STAY AT HOME

- Stay home as much as possible to further reduce your risk of being exposed.

WARNING SIGNS

- Fever
- Cough
- Difficulty Breathing
- Shortness of Breath



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Content Source: Centers for Disease Control and Prevention (CDC)