



# COVID-19

INFORMATION FOR HIGH-RISK GROUPS

**SELF-MONITOR AND  
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 and wash your hands often.



• Avoid crowds

## KNOW THE SYMPTOMS OF COVID-19



FEVER



COUGH



SHORTNESS OF BREATH

SPREADS  
THROUGH  
CLOSE  
CONTACT

## TAKE EVERYDAY PRECAUTIONS



WASH YOUR HANDS



DON'T TOUCH FACE



AVOID SICK PEOPLE

INFORMATION + UPDATES:



[www.dhd4.org](http://www.dhd4.org)