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

SPREADS THROUGH CLOSE CONTACT

FEVER
COUGH
SHORTNESS OF BREATH

TAKE EVERYDAY PRECAUTIONS

WASH YOUR HANDS
DON'T TOUCH FACE
AVOID SICK PEOPLE

INFORMATION + UPDATES:
District Health Dept #4
Providing A Healthier Tomorrow
Since 1930

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