



COVID-19 (Coronavirus): Tips for High Risk Individuals



Who is most likely to get very sick from COVID-19?



- **Older adults**
- **People who have serious chronic medical conditions** like heart disease, diabetes, and lung disease

If you are an older adult or have a long-term health problem, you are more likely to get very sick from COVID-19. It is especially important to take actions to stay healthy.

What actions can you take now to reduce your risk of getting sick?

- During a COVID-19 outbreak in your community, **stay home** as much as possible.
- It is okay to go for walks in your neighborhood or spend time gardening in your yard but try to **limit contact with others**.
- Keep space between yourself and others and **avoid crowds**.
- **Stay in touch with friends and family** by phone, email, or social media.



- Contact your healthcare provider to get extra of any needed **prescription medications**. You could also sign up to get your medicines delivered to your home through many pharmacies.
- Have **over-the-counter medicines and supplies**, like Tylenol and tissues, to treat any mild illness at home.
- Have enough **household items and groceries** on hand to stay home if you need to. If you need anything, ask family members or neighbors to get items from the store for you.

- **Wash your hands** often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, sneezing, or after being in a public place.
- If you are unable to wash your hands, **use hand sanitizer** with at least 60% alcohol.
- **Try not to touch your face** with unwashed hands.



If you develop a fever, cough, or have trouble breathing (COVID-19 symptoms) that cannot be managed at home, contact your healthcare provider for instructions.

Only go to the ER if it is an emergency.

For more information about COVID-19, visit www.schuylercounty.us/publichealth or call Schuyler County Public Health at 607-535-8140.