

Advice for people at high risk for COVID-19

Who is at high risk?

COVID-19 causes a mild illness in many. But certain people are at higher risk for more serious illness. These include:

- ✓ **Older adults.**
- ✓ **People of any age who have a serious health problem, such as heart disease, lung disease, diabetes, or an immune system problem.**

It's not yet known whether people who are pregnant are at higher risk for COVID-19 or if it's dangerous for their babies. But it's important for them to protect themselves.

What you can do to stay safe



Stay home.

- ✓ **Stay home as much as you can.** This may be the easiest way to avoid exposure, as long as no one else in your household has the virus.
- ✓ **If there are a lot of COVID-19 cases in your community, do not leave your home except to seek medical care.**
- ✓ **Limit visitors right now.** It's especially important to avoid contact with anyone who is sick or who might have been exposed. Remember that people may have been exposed without knowing it or having any symptoms.
- ✓ **Have enough food, medicines, and other supplies on hand so that you don't have to go out.** Try some of these options if you don't have what you need:
 - Use delivery and takeout services for groceries and meals.
 - Have a healthy family member, friend, or neighbor shop for you.
 - Ask your doctor for extra prescription medicine.
- ✓ **Routinely clean and disinfect high-touch surfaces.** These include countertops, faucets, door handles, doorknobs, and phones.
- ✓ **No traveling!**



Wash your hands often and well.

- ✔ **Wash your hands often, especially after you cough or sneeze.** Use soap and water, and scrub for at least 20 seconds. If soap and water aren't available, use an alcohol-based hand sanitizer.



Be extra careful if you have to go out.

- ✔ **Avoid crowds and crowded places.** Try to keep 6 feet of space between yourself and others.
- ✔ **Don't use public transportation, ride-shares, or taxis unless you have no choice.**
- ✔ **Try not to touch things that many other people have touched.** Door handles, elevator buttons, shopping cart handles, and handrails on escalators get a lot of touches.
- ✔ **Carry tissues or paper towels with you.** If you must touch something, you'll be able to protect your hands.
- ✔ **Don't shake hands with anyone.** Try a friendly wave instead.
- ✔ **Don't touch your face, and wash your hands often.**
- ✔ **Wash your hands again as soon as you get home.**