

# COVID-19

## Information for High-Risk Groups: Self-Monitor and Practice Social Distancing

updated March 10, 2020

Senior adults and those with chronic health conditions are at higher risk for COVID-19 complications. The Centers for Disease Control and Prevention (CDC) created recommendations for people over the age of 60 and anyone with heart, lung or kidney disease, cancer, or diabetes.

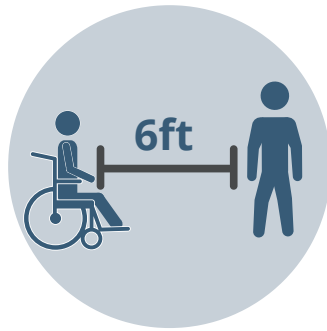
### COVID-19 SPREADS THROUGH CLOSE CONTACT



**Stay home as much as possible**

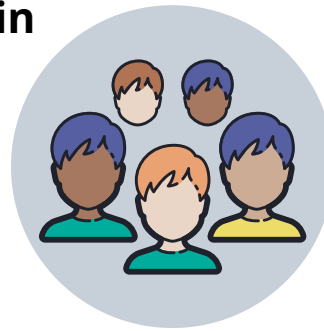


**Make sure you have access to medications & supplies (like food) in case you need to stay home**



**If you need to go out in public:**

- keep away from others who are sick
- limit close contact
- wash hands often



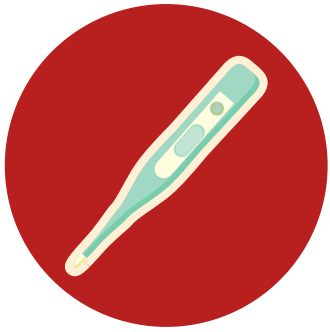
**Avoid large crowds**



**Call your insurance provider/health plan provider to discuss:**

- ability to get 90 day prescriptions
- tele-health options

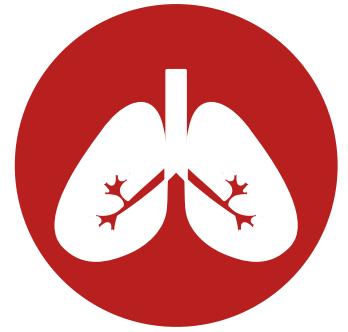
# KNOW THE SYMPTOMS OF COVID-19




**Fever**



**Dry Cough**



**Shortness of  
Breath**

 If you have these symptoms, call your healthcare provider immediately

# TAKE EVERYDAY PRECAUTIONS



**Wash your hands**



**Don't touch your  
face**



**Avoid sick people**



**Clean & disinfect touched  
objects and surfaces often**



**Cover coughs &  
sneezes**

# RESOURCES

- [CDC/COVID-19](#)
- [WIDHS](#)