

# COVID-19 Prevention

## Recommendations for Higher Risk Individuals

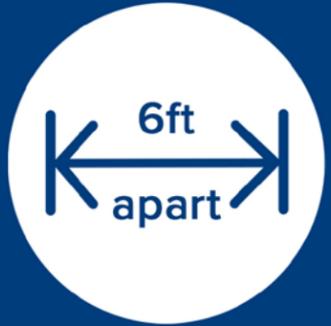
Adults 65+ and those with chronic health conditions and compromised immune systems are at higher risk for complications of coronavirus disease 2019 (COVID-19). The Centers for Disease Control and Prevention (CDC) recommends the following for people over the age of 65 and those with heart, lung or kidney disease, cancer, human immunodeficiency virus (HIV) or diabetes.



Individuals at higher risk are strongly encouraged to isolate at home.



Make sure you have access to medications & supplies. Consider enrolling in a pharmacy delivery service.



Stay at least six feet away from others to lessen your chances of getting sick.



Avoid crowds. This will lower your risk of getting COVID-19 .

### KNOW THE SYMPTOMS OF COVID-19



FEVER



COUGH



SHORTNESS OF BREATH

### TAKE EVERYDAY PRECAUTIONS



WASH YOUR HANDS



DON'T TOUCH YOUR FACE



AVOID SICK PEOPLE



For more information and updates, visit [icphd.org](http://icphd.org) or call 482-265-6700

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