

**If you are 65 and older  
And/or  
have serious underlying medical conditions like:  
Heart Disease, Diabetes and Lung Disease**

**Individuals at elevated risk can take steps now to slowly reduce the risk from COVID-19.**

- Remain at home if possible.
- Cancel any form of travel, even if this travel is outside of your community.
- If you have a healthcare appointment and it is not urgent, ask your health care provider about alternative ways. Such as over the phone or possibly a home visit.
- If you have an emergency and need immediate medical care, call 9-1-1.

**Continue with outdoor activities.**

- Walks, runs, yardwork and other outdoor activities are highly recommended. As long as you are following the social distance guidelines and your health permits these activities.

**Practice social distancing, both in and outside the home.**

- Maintain distance, at least six feet, between yourself and anyone who is coughing or sneezing.
- The best way to greet people is with a friendly smile, nod or wave. Avoid hugging, shaking hands and other close contact greetings.

**Stay in touch with others by phone, email, or other on-line tools (like Skype and Facebook).**

- Ask a few family member or friends to pick up essential items for you (prescriptions, groceries, etc.)
- Limit the amount of people entering your home. Make sure if you need help, your family members are not feeling ill or experiencing any symptoms (no cough, fever or other respiratory symptoms). If need be, have items left at your door.

**AND REMEMBER PROPER HAND HYGIENE. WASH YOUR HANDS FOR 20 SECONDS WITH SOAP AND WARM WATER OR AN ALCOHOL BASED HAND SANITIZER**

