

Are you at Higher Risk for COVID-19?

Here's what to know!

Based off of early information, some people are at a higher risk of getting sick from this illness. This includes older adults, people who have serious chronic medical conditions, such as heart disease, diabetes, and lung disease. If you are at higher risk for serious illness from COVID-19, it's important for you to take actions to reduce your risk of getting sick.

How does it spread?



Through droplets when an infected person coughs or sneezes.



Close personal contact, such as caring for an infected person.

What are the symptoms?



Fever



**Difficulty
Breathing**



**Severe
Illness**



Cough

What should you do if you're sick?

- Stay home and call your doctor.
- Limit close contact with people who are sick.
- Pay attention for potential warning signs and symptoms, such as fever, cough, and shortness of breath.
- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Clean and disinfect frequently touched objects and surfaces.
- Avoid touching your eyes, nose, and mouth.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue, use your sleeves.
- Facemasks are most effective when used appropriately by health care workers and people who are sick.
- Get a flu shot to prevent influenza.



For more information: [cdc.gov/COVID19](https://www.cdc.gov/COVID19)