

# COVID-19 Tip #5

Are you  
at risk?

May 2020

For most people, if you have the coronavirus, you might be sick at home for a few weeks.  
But for others, the disease can be life-threatening.

## What puts you at the greatest risk to become ill from the coronavirus?

Diabetes



Respiratory illnesses



Heart disease



Liver disease



Kidney disease



Obesity



Live in large groups



Over 65



Weakened immune system



### Protect Yourself!

Follow these tips to reduce your risk.

1. Stay home as much as possible!
2. Wear a face mask in public.
3. Disinfect all surfaces and products you bring into the home.
4. Wash your hands frequently.
5. Avoid touching your eyes, mouth, ears and nose.
6. Call a doctor if you begin to feel sick.
7. Manage your chronic illness as recommended by a doctor.
8. Have a 30-day supply of any medicines you need for existing health problems.

Until there is a vaccine, coronavirus will be a serious health problem.