COVID-19 Tip #5

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.