

Novel Coronavirus (COVID-19)

Older Adults and People with Chronic Medical Conditions

Novel coronavirus (COVID-19) is a new virus spreading from person-to-person. Older people and people with serious chronic health conditions - like heart disease, lung disease and diabetes - seem to be at higher risk of becoming very sick with COVID-19.

Signs of COVID-19:

- Fever
- Cough
- Shortness of breath

If you get sick stay home and call your doctor. Call 911 if you need emergency help.



Get Ready Now for COVID-19

Have supplies on hand

- Call your doctor to ask about extra medicine to have on hand if COVID-19 shows up in your community and you need to stay home.
- Think about using mail-order for medicines.
- Have over-the-counter medicines to ease fever and other symptoms.
- Have enough items and food on hand to stay home for a period of time.

Protect yourself from novel coronavirus

- Wash hands often with soap and water.
- Use hand sanitizer with at least 60% alcohol if water is not available.
- Avoid touching your face, nose, and eyes.
- Use a tissue or sleeve to avoid touching public surfaces - door knobs, handrails, etc.

Take extra steps if COVID-19 is in your community.

- Stay home and avoid crowds as much as possible.
- Get food brought to your house by friends, family or neighbors.
- Have a plan if you get sick.
 - Stay in touch with family, friends, and neighbors.
 - Have a back up person if your caregiver gets sick.

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