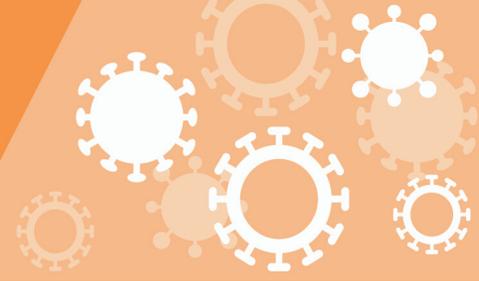


# Information for People at Higher Risk for COVID-19

## And How Community Members Can Help



As COVID-19 spreads in our community, Jefferson County Public Health encourages everyone to take important steps to prevent the illness. While some people are at a greater risk for getting very sick from the virus, we are all in this together and everyone has a role to play to protect the health of our community.

### Some people are at higher risk for COVID-19.

Some people are at higher risk of getting very sick from this illness:

- Older people (over age 60), especially those over 80 years.
- People who have chronic medical conditions like heart, lung or kidney disease or diabetes.
- Older people with chronic medical conditions are at greatest risk.

### Take steps to prevent the virus.

If you are at higher risk for serious illness from COVID-19 because of your age or because you have a serious long-term health problem, it is extra important for you to take actions to reduce your risk of getting sick with the disease.

- Stay home as much as possible.
- If you have to go out, avoid crowds and keep a safe distance (at least six feet) between you and others.
- Stock up on supplies, including food, household items and any medications you need.
- Take everyday preventive actions. Wash your hands often, avoid touching your face, and clean and disinfect your home and high-touch objects and surfaces.
- Avoid all non-essential travel.
- Reach out to others if you need something.

### Watch for symptoms and call a health care provider if needed.

Pay attention for potential COVID-19 symptoms. If you feel like you are developing symptoms, call your health care provider. If you are not having a medical emergency, please call ahead before going to your health care provider or emergency room.

The most common symptoms of COVID-19 are:

- Fever
- Cough
- Shortness of breath

### How Community Members Can Help

- ✓ **Know what medications your friend, neighbor or loved one is taking** and see if you can help them have extra on hand.
- ✓ **Monitor their food supply** and offer to get them food or have it delivered. You can stock up on non-perishable food to have on hand in your home to minimize trips to stores.
- ✓ **Check in on their mental health** and well-being. Times like these can be worrisome and scary. Be on the lookout for signs of depression.
- ✓ **Call them or video chat to stay socially engaged.** It's important to maintain social connections during this time, even while we are keeping our distance.
- ✓ **Remember that even if you are not in a higher risk population, your actions matter** and affect those around you. Stay home as much as possible and especially if you are sick. Wash your hands often, avoid touching your face, and clean and disinfect your home and high-touch objects and surfaces.

For more information:  
[www.jeffco.us/coronavirus](http://www.jeffco.us/coronavirus)