

COVID-19



HEALTH
Department

Information for High-Risk Groups: Self-Monitor and Practice Social Distancing

updated March 10, 2020

Senior adults and those with chronic health conditions are at higher risk for COVID-19 complications. The Centers for Disease Control and Prevention (CDC) created recommendations for people over the age of 60 and anyone with heart, lung or kidney disease, cancer, or diabetes.

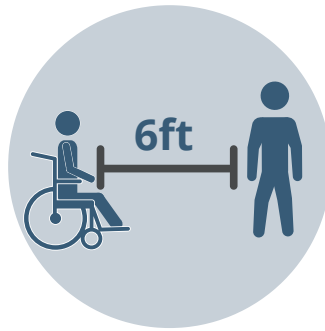
COVID-19 SPREADS THROUGH CLOSE CONTACT



Stay home as much as possible

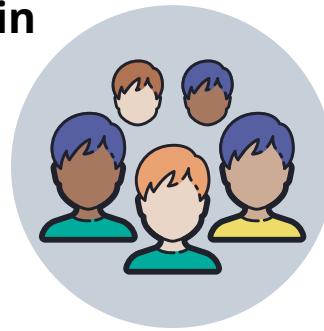


Make sure you have access to medications & supplies (like food) in case you need to stay home



If you need to go out in public:

- keep away from others who are sick
- limit close contact
- wash hands often



Avoid large crowds



Call your insurance provider/health plan provider to discuss:

- ability to get 90 day prescriptions
- tele-health options

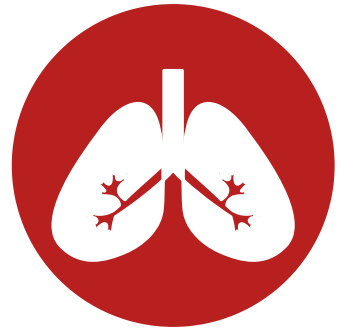
KNOW THE SYMPTOMS OF COVID-19




Fever



Dry Cough



**Shortness of
Breath**

 If you have these symptoms, call your healthcare provider immediately

TAKE EVERYDAY PRECAUTIONS



Wash your hands



**Don't touch your
face**



Avoid sick people



**Clean & disinfect touched
objects and surfaces often**



**Cover coughs &
sneezes**

RESOURCES

- [CDC/COVID-19](#)
- [MDHHS](#)



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Thank you Lexington-Fayette County Health Department for significant contributions to this document