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

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