GUIDANCE FOR THOSE AT HIGHER RISK OF GETTING SICK FROM COVID-19

Coronavirus Disease 2019 (COVID-19)

WHO IS AT HIGHER RISK?

Early information from China, where COVID-19 first started, shows that some people are at higher risk of getting very sick from this illness.

This includes:
- Older adults
- People who have serious chronic medical conditions like:
  - Heart disease
  - Diabetes
  - Lung disease

PREPARE FOR COVID-19 NOW

Have supplies on hand
- Contact your healthcare provider to ask about obtaining extra necessary medications in case you need to stay home for a prolonged period of time.
- If you cannot get extra medications, consider using mail-order for medications.
- Be sure you have over-the-counter medicines and medical supplies to treat a fever and other symptoms.
- Have enough household items and groceries on hand so that you will be prepared to stay at home for a period of time.

Take everyday precautions
- Avoid close contact with people who are sick.
- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, or having been in a public place.
- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- To the extent possible, avoid touching high-touch surfaces in public places (elevator buttons, door handles, handrails, shaking hands with people, etc.). Use a tissue or your sleeve to cover your hand or fingers if you must touch something.
- Avoid touching your face, nose, and eyes.
- Practice routine cleaning of frequently touched surfaces in your home to remove germs. For example, clean and disinfect tables, doorknobs, light switches, handles, faucets, and cell phones.
- Avoid crowds, especially in poorly ventilated spaces.
- Avoid all non-essential travel including plane trips and travel by cruise ship.

Have a plan for if you get sick
- Consult with your health care provider for more information about monitoring your health for symptoms suggestive of COVID-19.
- Stay in touch with others by phone or email. You may need to ask for help from friends, family, and neighbors if you become sick.

WHAT IS COVID-19?

COVID-19 is a respiratory disease caused by a new coronavirus that started spreading in the Hubei Province of China in late 2019. The Metro Public Health Department is working closely with the Centers for Disease Control and Prevention and Tennessee Department of Health to inform the public of the best ways to fight and prevent the illness.

WHAT ARE THESE GUIDELINES FOR?

These guidelines are designed to help reduce the risk of exposure to the virus that causes COVID-19 among higher risk individuals. 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.

Additional information on COVID-19 can be found at Coronavirus.Nashville.gov.