

THOSE AT HIGHER RISK FOR NOVEL CORONAVIRUS, COVID-19:

OLDER ADULTS

INDIVIDUALS WITH COMPROMISED IMMUNE SYSTEMS

PEOPLE WHO HAVE SERIOUS CHRONIC MEDICAL CONDITIONS LIKE: HEART DISEASE, DIABETES, LUNG DISEASE

- Consider limiting travel especially by plane or cruise
- Contact your healthcare provider to ask about obtaining extra necessary medications to have on hand in case there is an outbreak of COVID-19 in your community and you need to stay home for a prolonged period of time.
- If you cannot get extra medications, consider using mail-order for medications.
- Have enough household items and groceries on hand so that you will be prepared to stay at home for a period of time.
- Be sure you have over-the-counter medicines and medical supplies (tissues, etc.) to treat fever and other symptoms. Most people will be able to recover from COVID-19 at home.

**IF YOU ARE MADE AWARE THAT COVID-19 IS SPREADING IN YOUR COMMUNITY, TAKE
EXTRA MEASURES TO PUT DISTANCE BETWEEN YOURSELF AND OTHER PEOPLE**

- Stay home as much as possible.

- Consider ways of getting food brought to your house through family, social, or commercial network



If you have any question please contact Plumas County Public Health Agency Clinic
Monday-Friday 8 am 5 pm at 530-283-6330.

3/10/2020

