

PEOPLE AT RISK

FOR SERIOUS ILLNESS FROM COVID-19



This is NOT a Cass School
District 63 Sponsored
Event/Organization

Those most at risk for serious complications include:

- Older adults, 60 and older
- Those with underlying chronic medical conditions such as **heart disease, lung disease, and diabetes**

If you are at higher risk of getting very sick from COVID-19, you should:

- Take everyday precautions to keep space between yourself and others.
- When you go out in public, keep away from others who are sick, limit close contact and wash your hands often.
- Avoid crowds as much as possible.
- Avoid cruise travel and non-essential air travel.
- During a COVID-19 outbreak in your community, stay home as much as possible to further reduce your risk of being exposed.
- Stock up on supplies.

Get Ready for COVID-19 Now:

Have supplies on hand

- 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.
- 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.
- 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 preventive actions.



Avoid close contact with people who are sick.

Clean your hands often.



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, handshaking with people, etc. Use a tissue or your sleeve to cover your hand or finger if you must touch something.
- Wash your hands after touching surfaces in public places.



Avoid touching your eyes, nose, or mouth.



Clean and disinfect your home to remove germs. Routinely clean frequently touched surfaces (tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones).

- **Avoid crowds, especially in poorly ventilated spaces.** Your risk of exposure to respiratory viruses like COVID-19 may increase in crowded, closed-in settings with little air circulation if there are people in the crowd who are sick.
- **Avoid all non-essential travel** including plane trips, and especially avoid embarking on cruise ships.

COVID-19 is now impacting community members in DuPage County, take extra measures to put distance between yourself and other people to further reduce your risk of being exposed to this new virus.

- Stay home as much as possible. Consider ways of getting food brought to your house through family, social, or commercial networks

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.
- Determine who can provide you with care if your caregiver gets sick.

Watch for symptoms and emergency warning signs:

Pay attention for potential COVID-19 symptoms including, fever, cough, and shortness of breath. If you feel like you are developing symptoms, call your doctor.

If you develop emergency warning signs for COVID-19 get medical attention immediately.

In adults, emergency warning signs*:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.



COVID 19
CORONAVIRUS
DISEASE