

COVID-19 Resources: Risks and Preventative Measures

Higher Risk Individuals

COVID-19 is a new disease and there is limited information regarding risk factors for severe disease. Based on currently available information and clinical expertise, older adults and people of any age who have serious underlying medical conditions might be at higher risk for severe illness from COVID-19.

Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- People aged 65 years and older
- People who live in a nursing home or long-term care facility

People of all ages with underlying medical conditions, particularly if not well controlled, including:

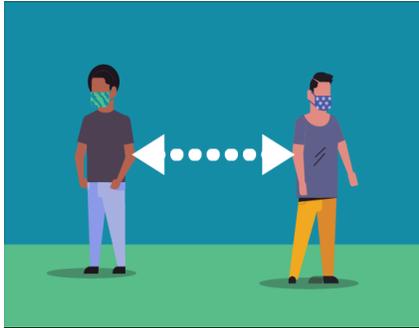
- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised
 - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
- People with severe obesity (body mass index [BMI] ≥ 40)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

Why is Social Distancing Important?

COVID-19 spreads mainly among people who are in close contact (within about 6 feet) for a prolonged period.

What is Social Distancing:

- **Social distancing** is deliberately increasing the physical space between people to avoid spreading illness. It means keeping a safe distance (approximately 6 feet) from others and avoiding gathering spaces such as schools, churches, concert halls and public transportation.
- Stay at least 6 feet (about 2 arms' length) from other people
- Do not gather in groups
- Stay out of crowded places and avoid mass gathering



Wear Cloth Face Coverings

Cloth face coverings are an additional step to help slow the spread of COVID-19 when combined with every day preventive actions and social distancing in public settings.

- Cloth face coverings may slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.
- Your face covering helps to protect others; their face covering helps to protect you.



Who should NOT use cloth face coverings:

- children under age 2
- anyone who has trouble breathing, is unconscious, incapacitated or otherwise unable to remove the mask without assistance

Cloth face coverings are NOT surgical masks or N-95 respirators. Surgical masks and N-95 respirators must be reserved for healthcare workers and other medical first responders, as recommended in CDC guidance.

Wear your Face Covering Correctly

- Wash your hands before putting on your face covering



- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily fitting a cloth facemask to your face. The mask should cover from below your chin to above your nose, and be pinched to fit the bridge of your nose snugly.

Use the Face Covering to Protect Others

- Wear a face covering to help protect others in case you're infected but don't have symptoms
- Keep the covering on your face the entire time you're in public
- Don't put the covering around your neck or up on your forehead
- Don't touch the face covering, and, if you do, wash your hands