Senior adults and those with chronic health conditions are at higher risk for complications of COVID-19. The CDC recommends the following for people over the age of 60 and anyone with heart, lung or kidney disease, cancer or diabetes.

- Stay home as much as possible
- Make sure you have access to medications & supplies in case you are advised to stay home.
- When you go out in public, keep away from others who are sick, limit close contact and wash your hands often.
- Avoid crowds

Know the symptoms of COVID-19:

- Fever
- Cough
- Shortness of breath

Spreads through close contact

Take everyday precautions:

- Wash your hands
- Don’t touch face
- Avoid sick people

Information + Updates: www.lfchd.org