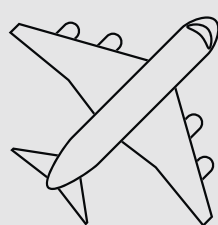


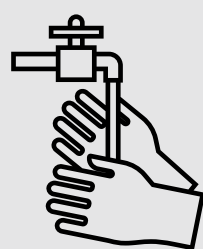
HIGH-RISK INDIVIDUALS: COVID-19 PANDEMIC ADVICE

Individuals at higher risk include older adults and those with chronic medical conditions including heart disease, lung disease, and diabetes.



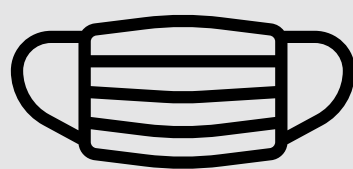
1 AVOID NON-ESSENTIAL TRAVEL

Avoid crowds and limit close contact with people (remain about six feet apart).



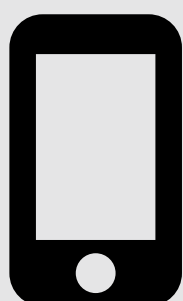
2 WASH HANDS OFTEN

Wash for 20 seconds or longer. If you don't have access to a sink, use a hand sanitizer that contains at least 60% alcohol. Avoid touching your eyes, nose and mouth unless you've washed your hands.



3 WEAR A MASK

If you have to be in public, wear a face covering. Everyone should wear a mask in public settings.



4 STAY IN TOUCH

Do so via phone, texting, email, or other methods of electronic communication.



5 HAVE COVID-19 SYMPTOMS?

Contact your physician (or 911, if a medical emergency.) Alert a medical professional that you are experiencing these symptoms.



6 HAVE SUPPLIES ON-HAND

This includes both prescription and non-prescription medications as well as household and grocery items.

Get Vaccinated!

COVID-19 vaccines are free. They will protect you and your family from serious illness and death.