

People at Higher Risk for Serious Illness from COVID-19

Who is at Highest Risk for COVID-19?

- Older Adults
- People who have:
 - Heart Disease
 - Diabetes
 - Lung Disease, like asthma

If you are at higher risk, it is extra important for you to take actions to reduce your risk of getting sick!

COVID-19 Symptoms:

- Fever
- Cough
- Shortness of breath

What to Do if You Get Sick:

If you feel like you are developing symptoms, stay home and call your doctor. Let them know about your symptoms and ask about being tested for COVID-19. Please listen to their direction for next steps.

What Can You Do to Get Ready for COVID-19?

- Have supplies on hand like:
 - Prescription medications
 - Over-the-counter medications (like fever reducers, cold medicines, etc.) and other supplies (tissues, hand soap, etc.)
 - Household items and groceries
- Avoid close contact with people that are sick
- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing or sneezing, or being in a public place
 - If soap and water are not available, use hand sanitizer that contains at least 60% alcohol
- Avoid touching high-touch surfaces in public places
- Do not touch your face, nose, and eyes (without washing your hands first)
- Clean and disinfect your home to remove germs, especially frequently touched surfaces and objects (like cell phones)
- Avoid crowds and unnecessary close contact with individuals

**If you have questions about COVID-19, please call the
NYS Coronavirus Hotline at 1-888-364-3065.**



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Tioga County