



COVID-19 AND RECOMMENDATIONS FOR HIGH RISK POPULATIONS

Certain populations have been identified as being at higher risk for getting very sick from Coronavirus Disease 2019 (COVID-19). This includes:

- Adults over the age of 60
- People with serious chronic medical conditions, such as heart disease, kidney disease, diabetes and lung disease.

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

- Wash hands often with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that has at least 60% alcohol.
- Avoid touching your mouth, nose and eyes.
- Avoid “high touch” surfaces in public places, like elevator buttons, door handles, and handrails. Use a tissue or sleeve to cover your hand or finger to touch something.
- Limit close contact with others and be sure to stay away from people who are sick.
- Avoid crowds. Do not fly or take cruises.

Limiting contact helps prevent the spread of disease.

We have learned from past outbreaks of disease that limiting contact among people helps to slow the spread of the virus, and helps to save lives. Being around other people makes you more likely to get sick or to make others sick. Until there is a vaccine for COVID-19, limiting contact among people is our main tool to contain the disease and prevent others from getting it.

If you have general questions, please call Kentucky’s COVID-19 hotline at 1-800-722-5725 or visit their website at www.kyccovid19.ky.gov.



WHAT YOU CAN DO?

Get ready for COVID-19.

- Have basic, over-the-counter health supplies such as a thermometer, facemasks, tissues, soap, hand sanitizers and medicine to relieve fever.
- Make sure you have enough of any prescription medicines you and/or your family take. Talk to your health care provider about obtaining extra prescription medications to have on hand. If you cannot get extra medications, consider mail order options.
- Plan to buy and store at least two weeks of food and water for yourself, your family and pets.
- Clean and disinfect frequently touched surfaces and objects in your home, such as tables, doorknobs, light switches and phones. Use the cleaners that you typically use.
- Stay in touch with others by phone or email. You may need to ask for help from friends, family or neighbors if you get sick.
- Determine who can provide you with care if your caregiver gets sick.

What to do if you get sick:

- Monitor for potential COVID-19 symptoms, such as fever, cough and difficulty breathing.
- Call your health care provider and let them know about your symptoms. Also, let them know if you may have been exposed to COVID-19.
- Get medical attention immediately if you or your loved one experience any of the following:
 - Difficulty breathing
 - Persistent pain or pressure in the chest
 - New confusion or extreme fatigue
 - Bluish lips or face

For more information:

- Kentucky's COVID-19 Hotline: 1-800-722-5725 or www.kycovid19.ky.gov
- Northern Kentucky Health Department: <https://nkyhealth.org/individual-or-family/health-alerts/coronavirus/>
- Centers for Disease Control and Prevention (CDC): <https://www.cdc.gov/coronavirus/2019-ncov/index.html>