



QUICK SHEET FOR OLDER ADULTS AND PEOPLE WITH HIGHER RISK OF SERIOUS ILLNESS.

Michigan.gov/Coronavirus

Certain people are at higher risk of becoming seriously ill with Coronavirus Disease 2019 (COVID-19) including:

- Older adults, and
- People with serious chronic medical conditions such as heart disease, diabetes, lung disease, and people with compromised immune systems.

People at high risk for COVID-19 should pay attention for symptoms including fever, cough, and shortness of breath. **If you feel you are developing symptoms, or have other symptoms that are severe or concerning, contact your medical provider.**

Take action to prevent the spread of respiratory illnesses.

- Wash your hands frequently with soap and warm water for at least 20 seconds. If soap and warm water are not available, use an alcohol-based sanitizer that contains at least 60% alcohol.
- Avoid touching eyes, nose, and mouth.
- Avoid close contact (within about 6 feet) with people who are sick.
- Cover your mouth and nose with a tissue when coughing.
- Routinely clean frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks, and cell phones.)

If COVID-19 is spreading in your community, take extra precaution.

Reduce your risk of exposure by placing distance (at least 6 feet) between yourself and others.

- Stay home as much as possible and avoid non-essential travel.
- Consider ways of getting food brought to your house by family or community networks.
- Avoid crowds, especially in poorly ventilated spaces.
- Avoid touching high-touch surfaces in public spaces (for example handrails and elevator buttons).

Have a plan for if you get sick.

- Work with your healthcare provider on any issues related to your health.
- Stay in touch with others by phone or email. You may need to ask for help from friends, family, neighbors, or community health workers if you become sick.
- Determine who can provide you with care if your caregiver gets sick.

Stock up on supplies and medications.

- Consider using a mail-order pharmacy to get routine prescriptions.
- Have extra over the counter medicines and medical supplies on hand.
- Have enough cleaning supplies and food to last an extended period of time.