

CORONAVIRUS COVID-19

PEOPLE AT RISK FOR SERIOUS ILLNESS



Some people are at higher risk of getting very sick from this illness. This includes:

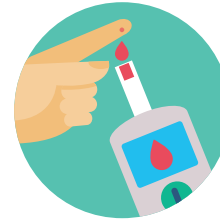


Older Adults

People with chronic medical conditions like:



Heart Disease



Diabetes

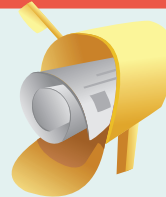


Lung Disease

PREPARE : Have Supplies on Hand



Talk to your Doctor about extra medications in case you need to stay home.

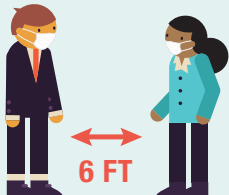


Look into getting prescriptions mailed to your home



Have over-the-counter medicines to treat fever & other symptoms.

PREVENTION : Stay Healthy



Keep a distance from others



Wash Hands Often with soap & water, at least 20 seconds



NO soap & water?

Use a hand sanitizer with 60% alcohol.



Avoid crowds as much as possible



Avoid cruises & non-essential travel



Avoid touching your face



Clean & disinfect your home frequently. (knobs, switches, handles, remotes, etc.)

Avoid touching surfaces in public places: elevator buttons, door handles, handrails, handshaking with people, etc.

Use a tissue or your sleeve to cover your hand or finger if you must touch something.

Know the Symptoms & Warning Signs

⚙ If you develop COVID-19 symptoms, stay home & call your doctor.

⚙ If you develop emergency warning signs for COVID-19 call 911.

These include:

- ⚙ Difficulty breathing or shortness of breath,
- ⚙ Persistent pain or pressure in the chest,
- ⚙ Confusion or in ability to arouse,
- ⚙ Bluish lips or face.

This list is not all inclusive. Please consult your doctor for any other symptoms that are severe or concerning.



FEVER



SHORTNESS OF BREATH



COUGH

To get your Covid-19 Vaccination questions answered, visit:
www.co.somerset.nj.us/covidQs or call: (908) 231-7155

