

# **PEOPLE AT RISK FOR SERIOUS ILLNESS FROM COVID-19 (CORONAVIRUS DISEASE)**

## **Who is at higher risk?**

- Older adults
- People who have serious chronic medical conditions like:
  - Heart Disease
  - Lung disease

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

- Take everyday precautions to keep space between yourself and others
- When you go out in public, keep away from others who are sick, limit close contact and wash your hands often
- Avoid crowds as much as possible
- Avoid cruise travel and non-essential air travel
- If you are unable to access food or household supplies on your own, ask for help.
- Stay home as much as possible to further reduce your risk of being exposed

## **Ways to access food if you are taking precautionary measures:**

- Check with family and friends, see if they can bring meals/and or groceries
- Go online to [CityMarket.com](https://www.citymarket.com) and use ClickList to have your bags delivered to your car
- Call Senior Transportation, who can connect you with someone to help with groceries: 970-596-6700

- **Call Young at Heart, who provides delivered meals three times a week: 970-641-2107**
- **If you are on Long Term Care Medicaid, speak to your caseworker about Medicaid meal delivery: 970-641-3244**

## **Watch for symptoms and emergency warning signs**

**Pay attention for potential COVID-19 symptoms including, fever, cough, and shortness of breath. If you feel like you are developing symptoms, call your doctor.**

**If you develop emergency warning signs for COVID-19 get medical attention immediately. In adults, emergency warning signs\*:**

- **Difficulty breathing or shortness of breath**
- **Persistent pain or pressure in the chest**
- **New confusion or inability to arouse**
  
- **Bluish lips or face**

**\*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.**

## **What to do if you get sick**

- **Stay home and call your doctor**
- **Call your healthcare provider and let them know about your symptoms. Tell them that you have or may have COVID-19. This will help them take care of you and keep other people from getting infected or exposed.**
- **If you are not sick enough to be hospitalized, you can recover at home. Follow CDC instructions for how to take care of yourself at home.**
- **Know when to get emergency help**
- **Get medical attention immediately if you have any of the emergency warning signs listed above.**

**If you have any questions, please call our local call- center at 970-641-7660**