

What you can do if you are at higher risk of severe illness from COVID-19

Are you at higher risk?



Based on what we know now, those at high risk for severe illness from COVID-19 are:

- People aged 65 and older
- People who live in a nursing home or long-term facility
- People of all ages with underlying medical conditions, particularly if not well controlled, including:
 - People with chronic lung disease or moderate to severe asthma
 - People who have serious heart conditions
 - People who are immunocompromised
 - People with diabetes, liver disease or severe obesity
 - People with chronic kidney disease undergoing dialysis

Current data suggests a higher burden of illness and death among racial and ethnic minority groups.

Call your physician if you are sick.

For more information about COVID-19, visit:

- Volusia.org/coronavirus
- CDC.gov/coronavirus
- FloridaHealthCovid19.gov

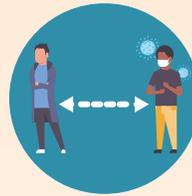
Here's what you can do to help protect yourself



Stay home if possible.



Wash your hands often with soap and water.



Avoid close contact (6 feet) with people who are sick.



Clean and disinfect frequently touched surfaces.



Cover your mouth and nose with a cloth face cover when around others.



Cover coughs and sneezes.

