

ARE YOU AT HIGHER RISK FOR COVID-19?



Who is at higher risk for COVID-19?

Based on what we know now, people at higher risk of getting very sick from COVID-19 are:

- People aged 65 years and older.
- People who live in a nursing home or long-term care facility like a skilled nursing facility.

People of all ages with underlying medical conditions, especially if not well controlled, including:

- People with chronic lung disease.
- People with moderate to severe asthma.
- People who have serious heart conditions.
- People who are immunocompromised: Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications.
- People with severe obesity (body mass index [BMI] of 40 or higher).
- People with diabetes.
- People with chronic kidney disease undergoing dialysis.
- People with liver disease.

Here's what you can do to protect yourself:



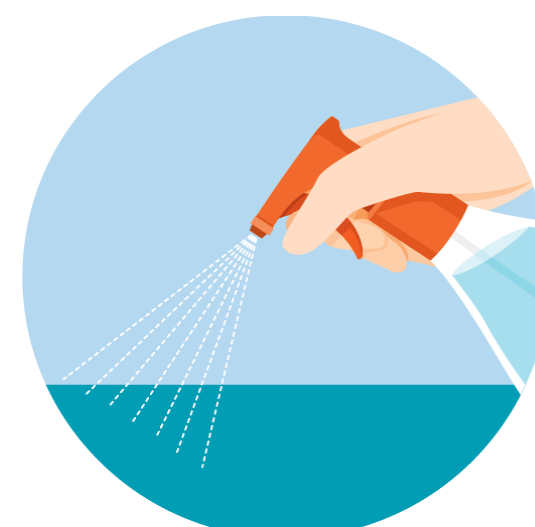
Stay home if possible.



Wash your hands often with soap and water for at least 20 seconds.



Avoid close contact with others. Stay at least 6 feet apart.



Clean and disinfect "high-touch" surfaces often like phones, remotes, counters, bathrooms and doorknobs.



Wear a face covering when you are unable to stay 6 feet apart from others.



Avoid all non-essential travel.



Call your health provider (doctor) if you have concerns about COVID-19 and your underlying health conditions or if you are sick.



FREE COVID-19 TESTING

If you think you or someone in your home has COVID-19 and would like to get tested, visit ochealthinfo.com/covidtest to find where you can get tested.

COVID-19 RESOURCES

For more information on help with unemployment, disability, and food, visit together.ocgov.com.

Learn more at www.ochealthinfo.com/novelcoronavirus

