

Advice for people at high risk for COVID-19

Our family of physicians are here to provide exceptional care and protect the health and safety of all our patients and visitors.

WHO IS AT HIGH RISK?

COVID-19 causes a mild illness in many. But certain factors may increase your risk for more serious illness.

These include:

- Age 65 or older.
- Living in a long-term care facility.
- Ongoing serious health issues. Some examples are:



Asthma or chronic lung disease.



Heart problems.



A weakened immune system.



Cancer treatment.



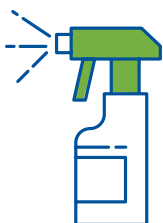
Diabetes.

This is not a complete list. If you have a chronic health problem, ask your doctor if you should take extra precautions during the outbreak.

If you are pregnant, it's safest to consider yourself at higher risk. Although it's not known yet whether COVID-19 is dangerous for you or your baby, pregnancy increases the risk for serious illness from viruses similar to COVID-19.



WHAT YOU CAN DO TO STAY SAFE



- **Stay home as much as you can.** This may be the easiest way to avoid exposure, as long as no one else in your household has the virus.
- **If there are a lot of COVID-19 cases in your community, avoid leaving your home except to seek medical care.**
- **Have enough food, medicines and other supplies on hand so you can avoid going out.** Try some of these options if you don't have what you need:
 - Use delivery and takeout services for groceries and meals.
 - Have a healthy family member, friend, or neighbor shop for you.
 - Ask your doctor for extra prescription medicine.
- **Limit visitors right now.** It's especially important to avoid contact with anyone who is sick or who might have been exposed. Remember that people may have been exposed without knowing it or having any symptoms.
- **Routinely clean and disinfect high-touch surfaces.** These include countertops, faucets, door handles, doorknobs, and phones.
- **Avoid traveling when possible.**



CALL A DOCTOR IF YOU DEVELOP SYMPTOMS

Call a doctor if you develop symptoms of COVID-19 (fever, cough, shortness of breath). If you are advised to get testing or care and must go out, wear a cloth face cover.



WASH YOUR HANDS OFTEN AND WELL.

Wash your hands often, especially after you cough or sneeze. Use soap and water, and scrub for at least 20 seconds. If soap and water aren't available, use an alcohol-based hand sanitizer.

BE EXTRA CAREFUL IF YOU HAVE TO GO OUT.

- **Avoid crowds and crowded places.** Try to keep 6 feet of space between yourself and others, and wear a cloth face cover.
- **Avoid public transportation, ride-shares, or taxis unless you have no choice.**
- **Try not to touch things that many other people have touched.** Door handles, elevator buttons, shopping cart handles, and handrails on escalators get a lot of touches.
- **Carry tissues or paper towels with you.** If you must touch something, you'll be able to protect your hands.
- **Avoid shaking hands.** Try a friendly wave instead.
- **Avoid touching your face, and wash your hands often.**
- **Wash your hands again as soon as you get home.**



The CDC recommends that everyone wear cloth face coverings in public settings where social distancing measures are difficult to maintain such as at grocery stores and pharmacies. **Instructions for making your own face covering are available at [cdc.gov](https://www.cdc.gov).**



Are you concerned that you may have coronavirus?

Texas Health Resources Coronavirus Hotline, staffed by nurses, is available 24/7 to help answer your questions. Call 682-236-7601 anytime to speak with a nurse. Learn how to protect yourself.

Source: Healthwise