

COVID-19 for Chronic Conditions

If you are at higher risk for serious illness from COVID-19 because of your age or you have a serious long-term health problem, it is extra important for you to take actions to reduce your risk of getting sick with the disease.



Prepare medications

Get extra medications and medical supplies if needed. Consider using mail-order for prescriptions.



Stay home

Stay home as much as possible to reduce risk of exposure.



Wash your hands

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



Limit contact

If you must go in public, keep away from those who are sick, and limit contact.



Stock up

Have enough household items and groceries.



Take precautions

Set a plan in place to prepare in case you become ill.



Educate yourself

Get information from trusted sources - your local health department or the CDC.



Stay physically active

Continue to exercise to ensure good physical condition.

What to do if you feel ill?

1 Stay home and call your local health care provider.

2 Provide information on your chronic condition and list symptoms.

Trusted sources of information on COVID-19

The Centers for Disease Control and Prevention | www.cdc.gov

State of Michigan | www.michigan.gov/coronavirus

Macomb County Health Department | health.macombgov.org

Local news stations



Health
Department

www.health.macombgov.org

Source: Centers for Disease Control and Prevention

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