

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 people are at higher risk for more serious illness.

These include:

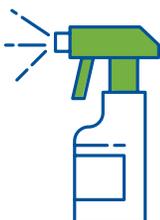
- ✓ Older adults.
- ✓ People of any age who have a serious health problem, such as heart disease, lung disease, diabetes, or an immune system problem.

It's not yet known whether people who are **pregnant** are at higher risk for COVID-19 or if it's dangerous for their babies. But it's important for them to protect themselves.

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, do not leave your home except to seek medical care.
 - Have enough food, medicines and other supplies on hand so that you don't have to go 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.**



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: <https://www.healthwise.org/specialpages/covid-19-resources.aspx>