

Staying safe from Coronavirus

If you have a medical condition like **high blood pressure, diabetes/high blood sugar, obesity, asthma or other breathing disorders, heart disease or kidney disease**, you are at a greater risk of experiencing more serious symptoms if you catch COVID-19.



High blood pressure



Kidney disease



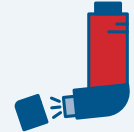
Obesity



Heart disease



Diabetes



Asthma

You need to:

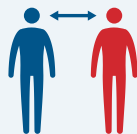
1



Avoid crowded places



Wear a mask



Stay 6 feet away from others



Do not touch your face with unwashed hands



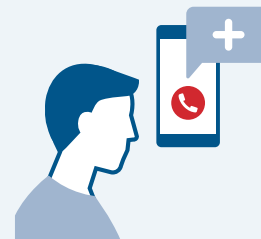
Avoid contact with others



Wash your hands for at least 20 seconds

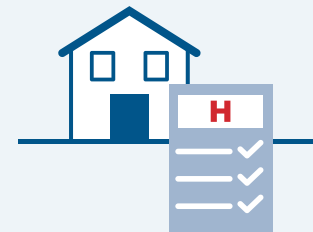
Be **extra-careful** to stay safe from the virus.

2



If you experience any of the emergency warning signs of COVID-19 in adults, including **difficulty breathing, persistent pain or pressure in the chest, confusion, bluish lips/face and/or difficulty waking up**, call 911 and advise medical personnel you are experiencing symptoms of and/or have been exposed to COVID-19.

3



Make sure to tell healthcare providers about **ALL** of your health conditions and symptoms so you can get the care and treatment you need to fight the virus.