

65+ years young? You're at higher risk.

If you're 65 or older, you are at higher risk of getting very sick from the coronavirus. You must take extra care of yourself.

Stay home if you can.

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

Avoid touching your face.

Disinfect frequently touched objects.

Wash up after being in public spaces.

Stay about six feet away from others.

If you're sick, stay home and away from others.

If you have symptoms of fever, dry cough and shortness of breath, call your health care provider before going to their office.

We are all at risk, and some more than others. In challenging times, the choices you make are critical. And their impact is significant. Help slow the spread of coronavirus.

Visit **Coronavirus.gov** for the latest tips and information from the CDC.
