Early information out of China, where COVID-19 first started, shows that some people are at higher risk of getting very sick from this illness. This includes:

- Older Adults (ages 60 and up)
- Heart Disease
- Diabetes
- Lung Disease

If a COVID-19 outbreak happens in your community, it could last for a long time. An outbreak is when a large number of people suddenly get sick. Depending on how severe the outbreak is, public health officials may recommend community actions to reduce people's risk of being exposed to COVID-19. These actions can slow the spread and reduce the impact of disease.

If you are at higher risk for serious illness from COVID-19 because of your age or because 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.

**Get Ready for COVID-19 Now**

**Have supplies on hand**

- Contact your healthcare provider to ask about obtaining extra necessary medications to have on hand in case there is an outbreak of COVID-19 in your community and you need to stay home for a prolonged period of time.

- If you cannot get extra medications, consider using mail-order.

- Be sure you have over-the-counter medicines and medical supplies to treat fever and other symptoms.

For more information, please visit [www.ochealthinfo.com/novelcoronavirus](http://www.ochealthinfo.com/novelcoronavirus) or call the OC Health Care Agency’s Health Referral Line at (800) 564-8448.
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Watch for symptoms and emergency warning signs:

- Pay attention for potential COVID-19 symptoms including, fever, cough, and shortness of breath. If you feel like you are developing symptoms, call your doctor.
- If you develop emergency warning signs for COVID-19 get medical attention immediately (call 911). In adults, emergency warning signs*:

  - Difficulty breathing or shortness of breath
  - Persistent pain or pressure in the chest
  - New confusion or inability to arouse
  - Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.