**PROTECT YOURSELF FROM COVID-19**

**COVID-19 is a respiratory disease**
caused by a new strain of coronavirus. People over age 60 and those with underlying health conditions have a higher risk for severe illness. Currently, there are no vaccines or treatments specific to COVID-19.

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**HOW CAN OLDER ADULTS AND PEOPLE WITH UNDERLYING CONDITIONS AVOID BECOMING SICK?**

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**Avoid Close Contact with Others**
- If you require regular medication, consider drive-through services to limit contact with others or have someone pick up your medications for you.
- Ensure you have over-the-counter medicines and medical supplies to treat fever and other symptoms. Most people will be able to recover from COVID-19 at home.
- Find out if your healthcare provider or local clinic has an after-hours number in case symptoms are severe outside of normal business hours.

**Stay Home**
- Visiting public spaces increases the chance of exposure to COVID-19. COVID-19 is spread through respiratory droplets (coughing and sneezing) and can live on surfaces that you may unknowingly touch. Your home is a controlled environment which reduces your risk of exposure.
- At this time, public health officials cannot predict when this outbreak will be over. Please be prepared to stay home for at least the month of April. Check the Sedgwick County website for updates and information.

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The staff at 2-1-1 United Way of the Plains can help answer COVID-19 questions. **Please dial 2-1-1** to ask questions, discuss symptoms and screen for possible coronavirus testing.

**Limit In-home Visitors**
- Visitors in your home increase the risk for COVID-19. If possible, contact others using the internet or by phone.
- If you need groceries or supplies, ask friends, relatives, and neighbors to drop off outside your door to reduce exposure.

**What are other ways to stay healthy?**
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water.
- Clean and disinfect frequently touched objects and surfaces.

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Sedgwick County Health Department
316-660-7300 OR sedgwickcounty.org/covid-19
Administration: 1900 E. 9th St. N., Wichita
Main Clinic: 2716 W. Central, Wichita

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March 2020