



COVID-19 Guidelines: High-Risk Populations

As the State and County allow more businesses and activities to resume, higher risk individuals need to continue to stay home until Stage 4.

Who's Considered High Risk?



People over 65 years of age

Those who live in an nursing home or long-term care facility



People of all ages with serious medical conditions, such as:

- Chronic lung disease or moderate to severe asthma
- Serious heart conditions
- Immunocompromised
- Severe obesity (body mass index [BMI] of 40 or higher)
- Diabetes
- Chronic kidney disease
- Liver disease



Important Recommendations



Continue to stay home as much as possible, only go out for essential services, doctor's appointments, etc.

Minimize errands by getting groceries delivered or asking for help from friends, family, or community members.



Continue to wash hands with soap and water and keep space (6 feet) between you and other people.

Develop a care plan summarizing your health conditions, medications, healthcare providers, emergency contacts and end-of-care options.



Wear a face covering, if allowed by your healthcare provider, when you go outside.