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.