

# COVID-19 INFORMATION FOR SENIORS & HIGH RISK INDIVIDUALS

NOVEL CORONAVIRUS (COVID-19) IS A NEW VIRUS STRAIN SPREADING FROM PERSON-TO-PERSON. THE VIRUS ORIGINATED IN CHINA BUT IS CURRENTLY SPREADING IN THE UNITED STATES AND OTHER COUNTRIES.

## WHAT ARE THE SYMPTOMS OF CORONAVIRUS?

Symptoms of COVID-19 include fever, cough, or trouble breathing. These symptoms may appear 2 to 14 days after being exposed to the virus.

## WHO IS AT RISK FOR SEVERE ILLNESS?

Most cases of coronavirus illness are mild and do not require hospital care. A small percentage of people get severely ill with lung and breathing problems, like pneumonia. Older adults (60+) and persons of any age with underlying medical conditions are at highest risk.

## WHEN SHOULD I SEEK MEDICAL ATTENTION?

If you have symptoms of fever, cough, or shortness of breath OR you recently traveled to a country experiencing novel coronavirus, call the NM Department of Health at (855) 600-3453.

The New Mexico Department of Health is the lead agency for the statewide coronavirus response. Community members are encouraged to visit <https://cv.nmhealth.org> or call 833-551-0518 for general questions.

## WHAT SHOULD I DO IF I'M AT HIGHER RISK?

- **Have supplies on hand**
  - Ensure that you have enough medications. You may want to contact your doctor or pharmacist to ask about getting extra medications.
  - Have enough household supplies and groceries on hand in case you need to stay home for a period of time.
  - Consider getting prescriptions, supplies, and food delivered instead of visiting the store.
- **Avoid close contact with people who are sick**, this includes staying home if you are sick.
- **Stay home as much as possible** but if you need to go out in public, keep away from other individuals and avoid crowds. Consider postponing any upcoming travel, especially on cruises.
- **Wash your hands often** with soap and water, for at least 20 seconds. If soap and water are not available, use a hand sanitizer containing at least 60% alcohol.
- **Clean and disinfect** all frequently touched surfaces in your home such as door handles, cell phones, remotes, tables, countertops, and bathroom fixtures.
- **Have a back-up plan** for family members, friends, or other services to deliver meals, medicine, or other items to your home if you become sick.