

protecting the vulnerable from
novel coronavirus (COVID-19)



Help Protect Older Adults & Those With Health Conditions

Older adults and individuals with underlying medical conditions are particularly vulnerable to COVID-19. In China, the vast majority of serious illness and deaths from COVID-19 are among adults over 65 and those with chronic medical conditions. In one study, nearly 15% of persons 80 or older with coronavirus died from the disease. Therefore, it is important to reduce exposure of vulnerable individuals to COVID-19 in order to prevent infection in the first place.

If someone in your life is vulnerable, here are some things you can do to protect them:

- Encourage them to stay home as much as possible. Offer or arrange for someone to deliver their groceries and other items they need. Ensure they have at least a 2-week supply of medication on hand.
- When staying home, healthy visitors are fine - but visitors who have fever, cough, or sore throat should be turned away. Encourage phone calls and video chats instead.
- Encourage them to wash their hands regularly, especially before eating or before touching their face.
- If they need to leave the house, they should minimize contact with other people and with common surfaces. Stay at least six feet away from others. Avoid touching shared surfaces like door handles, or counters. Use clothing or a paper towel instead of bare hands to open doors, for example. Wash hands or use hand sanitizer after touching any shared surfaces or objects.

More information about COVID-19 can be found at: placer.ca.gov/coronavirus

Examples of underlying conditions posing greater risk:

diabetes
cancer

immunodeficiency
asthma

COPD
& more