



If you are at higher risk of getting very sick from COVID-19, you should:

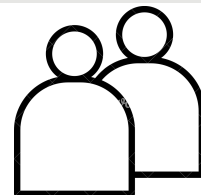
***High Risk individuals include adults over 60 years old and individuals with serious chronic medical conditions**

Stock up on medical supplies.

*If you take prescription medicine, make sure you have an adequate supply.



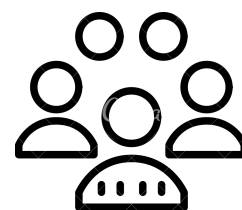
Take **everyday precautions** to keep space between yourself and others.



When you go out in public, keep away from others who are sick, limit close contact and wash your hands often.



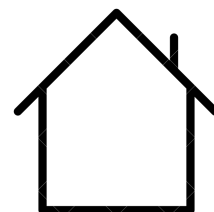
Avoid crowds as much as possible.



Avoid **cruise travel** and non-essential air travel.



During a COVID-19 outbreak in your community, **stay home** as much as possible to further reduce your risk of being exposed.





Si esta a mayor riesgo de ponerse muy enfermo de COVID-19, debería:

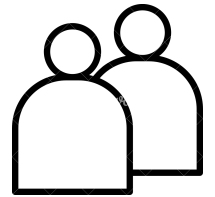
*Las personas de mayor riesgo incluye a adultos mayores de 60 años y personas con enfermedades crónicas

Aprovisionarse de suministros medicos

*Si toma medicamento recetado, asegúrese de tener un suministro adecuado.



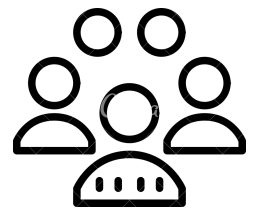
Tomar precauciones diarias **para mantener espacio entre usted u otras personas.**



Cuando salga en publico, mantenganse alejado de las personas enfermas, limite el contacto cercano, y lavase la manos.



Evite las multitudes lo mas possible.



Evite **viajar en crucero** y viajes aereos pocos esenciales.



Durante un brote de COVID-19 en su comunidad, **manteganse en casa** lo mas posible para reducir su riesgo de exposicion.

