

HELPING NORTHERN KENTUCKY PRACTICE SOCIAL DISTANCING

COVID-19

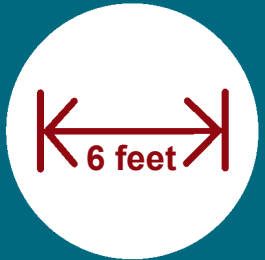
Although senior adults and those with chronic health conditions are at higher risk for complications of COVID-19, the CDC recommends the following social distancing practices for everyone.



- Stay home as much as possible.
- Work from home if possible.



- Make sure you have access to medications and supplies during this time.



- When you go out in public, keep 6 feet away from others, avoid close contact and wash your hands often.



- Avoid crowds or any type of gathering.

KNOW THE SYMPTOMS OF COVID-19



FEVER



COUGH



SHORTNESS OF
BREATH

**SPREADS
THROUGH
CLOSE
CONTACT**

TAKE EVERYDAY PRECAUTIONS



WASH YOUR
HANDS



DON'T TOUCH
YOUR FACE



AVOID SICK
PEOPLE

INFORMATION AND UPDATES
www.nkyhealth.org



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