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

INFORMATION AND UPDATES
www.nkyhealth.org

4/27/2020