Older adults and people who have serious chronic medical conditions are at higher risk for serious illness from COVID-19. If you are in this higher-risk population, the CDC recommends you:

- Stay home as much as possible to further reduce your risk of being exposed.
- Avoid crowds as much as possible.
- Stock up on supplies, including prescription and over-the-counter medicines.
- 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 many times a day.
- Avoid cruise travel and non-essential air travel.