

# CORONAVIRUS (COVID-19) INFORMATION FOR HIGH RISK RESIDENTS AND SENIORS

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.



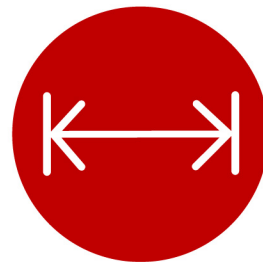
Avoid crowds as much as possible.



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



Stock up on supplies, including prescription and over-the-counter medicines.



Take everyday precautions to keep space between yourself and others.



Avoid cruise travel and non-essential air travel.

[CORONAVIRUS.DC.GOV](https://coronavirus.dc.gov)



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