

# WHAT TO DO IF YOU ARE HIGH RISK

## No matter your condition, stay on top of your health:

- Prepare yourself to stay home for long periods of time
- Keep your health under control
- Continue to use your current medications as directed
- Keep at least a two-week supply of medications on-hand
- Know your sick day guidance or emergency plan. What are your triggers and what do you do with flare-ups?
- Do you have special diet needs? It is especially important for diabetic and dialysis patients to plan ahead.
- Stay in touch with your medical provider. Well care is so important whether by phone, video or in-person!
- Keep a health record. List your health conditions, medications, current treatment plan and your wishes.
- Call your healthcare provider if you have any concerns about your health or feel sick

## COVID-19 Help Line

Phone: (952) 361-1559

Email: [communityresponse@co.carver.mn.us](mailto:communityresponse@co.carver.mn.us)

Website: [www.co.carver.mn.us/covid-19](http://www.co.carver.mn.us/covid-19)



**Public Health**  
Prevent. Promote. Protect.

Healthy Carver for a Lifetime

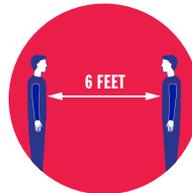
## Help protect yourself:



**Stay home** if possible



**Wash your hands** often



**Avoid close contact** (6 feet, which is about 2 arm lengths) with people who are sick



**Clean and disinfect** frequently touched surfaces



**Cover your mouth and nose** with a cloth face cover when around others



**Cover coughs and sneezes**



**Get support**

- Reach out to family and friends
- Ask someone to check in on you