

HELPING LEXINGTON PRACTICE SOCIAL DISTANCING

COVID-19

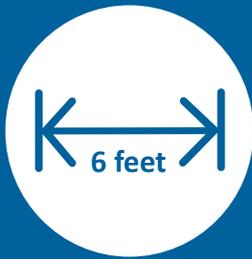
Although senior adults and those with chronic health conditions are at higher risk for complications of COVID-19, the CDC recommends the following social distancing practices for everyone.



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



- Make sure you have access to medications & 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 FACE



AVOID SICK PEOPLE

INFORMATION & UPDATES
www.lfchd.org

