

## **The Virginia Beach Department of Health Encourages Precautions for Seniors and At Risk Populations for COVID-19**

(Virginia Beach, Va.) – The Virginia Beach Department of Public Health encourages seniors and those with serious chronic illnesses, such as heart disease, diabetes, and lung disease, to take precautionary measures to reduce the transmission of the novel coronavirus (COVID-19). Older adults and those with chronic medical conditions are at greater risk for severe illness from COVID-19.

“If you are 65 years or older, or if you have a serious chronic medical condition (e.g., heart disease, lung disease, diabetes, immune compromise), you should seriously consider staying at home,” says Virginia Beach Health Director Dr. Demetria Lindsay. “We all have a responsibility and duty to do everything we can to protect ourselves and our community from this novel coronavirus.”

Symptoms of COVID-19 may include fever, cough, or shortness of breath. These symptoms may appear within 14 days of exposure from an infectious person. If any of these symptoms are present, stay home when you are sick, call your health care provider’s office in advance of a visit, limit movement in the community, and limit visitors.

To lower the risk of spreading respiratory infections, it is recommended that seniors and those with serious medical conditions follow these guidelines to avoid infection.

- Stay at home as much as possible.
- Avoid public transportation.
- Keep space between yourself and others; the recommended distance is 6 feet.
- Avoid people who are sick.
- Wash your hands using soap for 20 seconds. If soap is unavailable, use a hand sanitizer with at least 60% alcohol.