

# Actions for those at High Risk

*Stop the Spread*

@NCDHHS • #COVID19NC

## Actions for those at High Risk

**Stock up on supplies**

(routine medicines, groceries, tissues – items you would need when sick)



**Stay away from sick people.**



**Avoid crowds.**

Limit close contact with others when in public



**Avoid non-essential air travel and cruises.**



**Stay home** as much as possible IF there is an outbreak in your community

