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.

**HELPING LEXINGTON PRACTICE SOCIAL DISTANCING**

**COVID-19**

**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