

Shelter-In-Place for Individuals at High Risk of Severe COVID-19 Illness

GCHD urges people at higher risk of severe illness from COVID-19 infection to stay in their residence to the extent possible, except as necessary to seek medical care.

People at high risk include the elderly and anyone with underlying health conditions (heart disease, lung disease, diabetes) or are otherwise immunocompromised.

What does “shelter-in-place” mean:

- **Stay home and out of public places** (e.g., retail stores, post offices, parks, offices), workplaces, places of worship, and local public conveyances (e.g., buses, taxis, ride-shares).
- **Limit your visitors to only those who are essential.** Maintain 6 ft from each other if possible and do not allow any sick visitors. Do not go to other people's homes.
- **Ask for assistance from friends and family.** Try to find others who can run necessary errands and go shopping for essential items for you.
- **If you must go out in public, cover your face and nose with a mask or other covering.** Homemade or sewn cloth masks, bandannas or handkerchiefs, are acceptable to use during this time. We are requesting that surgical and other medical/construction-grade masks be saved for front-line healthcare workers. You should not go out except for seeking medical care.
- **You can and should go outdoors, if you can do it safely.** Activities such as walking, hiking and biking are encouraged. Avoid common areas. If you encounter someone while outdoors, stay at least 6 ft away and keep your interaction brief.

Keep a close watch on your health during this time:

- **Monitor yourself for signs of illness and write down any symptoms you may be having.** Record your temperature. Some medications can lower your body temperature, including aspirin (acetylsalicylic acid), Tylenol® (acetaminophen), Motrin® or Advil® (ibuprofen), Aleve® (naproxen). If you are taking one of these medications, please take your temperature **before** your next dose of medication. Write down your temperature.
- **If you do feel sick, call your regular healthcare provider first. DO NOT GO to a clinic or hospital without first calling ahead.** Calling first will help the clinic or hospital prepare to greet you and take care of you in the safest possible way. It may be recommended that you stay home and monitor your symptoms.
- **Seek prompt medical attention if your symptoms are worsening** (e.g., shortness of breath or difficulty breathing). **Before seeking care**, call your healthcare provider. **Put on a face mask that covers your nose and mouth before you enter any facility or emergency vehicle.** After you put on the face mask, clean your hands with soap and water or alcohol-based hand sanitizer.