



WELLCOMEMD

In an effort to keep you as informed as possible on the spread of the strain of Coronavirus known as COVID-19, we would like to provide you with an important update from the CDC.

If you are not already aware, the CDC has issued specific recommendations for people considered most at risk for serious illness from COVID-19.

Based on available data, there is an increased risk of death from COVID-19 starting at age 60 and the risk increases with age. The highest risk is in people **over the age of 80** as well as those with **serious underlying health issues** such as heart disease, diabetes and lung disease.

Because of this, the CDC [recommends the following](#) for those most at risk:

- Contact your physician and ask about obtaining extra necessary current medications you are taking to have on hand in case there is a serious outbreak of COVID-19 in our community
- Have enough household items and groceries on hand and be prepared to stay home for a period of time in the event of a serious outbreak
- Continue to take everyday precautions to prevent the spread of infectious disease
- When you go out in public, keep away from those who are sick, limit close contact and wash your hands often
- Avoid crowds as much as possible
- Avoid cruise travel and non-essential air travel
- In the event of a serious outbreak of COVID-19 in our community, stay home as much as possible to further reduce your risk of being exposed

These extra precautions are necessary because this is a new disease. We are not immune to it and no vaccine has been developed yet. Because of this, the risk of

serious illness and death associated with a COVID-19 infection is much higher than the typical flu strain.

According to the CDC, the risk of being exposed to COVID-19 is still thought to be **low for the majority of people**. However, taking common sense precautions, especially for those considered to be at high risk for serious illness, is important.

We at WellcomeMD are always here to help and answer any questions you may have. If you feel you may be at risk for serious illness in the event of a viral infection, do not hesitate to call us if you need guidance on travel precautions. And, as always, please contact your physician if you are experiencing cold or flu symptoms.

[Keep current on COVID-19 information at our COVID-19 Resource Center.](#)

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