



Chelan-Douglas Health District

COVID-19 HIGH-RISK GROUP ADVISORY

SPECIAL CORONAVIRUS ADVISORY FROM DR FRANK COLLINS, MD DDS, YOUR HEALTH OFFICER FOR CHELAN AND DOUGLAS COUNTIES:

Coronavirus is circulating in our communities, and likely above the number of cases we already know. There is no reason to panic as most cases are mild to moderate, and most people who get this virus will recover. However, it does have a higher death rate than seasonal flu, so the elderly, and anyone with reduced immune system, or other serious health problems such as diabetes and heart disease will be at higher risk.

Not everything is known about this new virus, but we do know that you are at higher risk of a severe case if you are over age 60 or have a chronic disease such as diabetes, heart disease, chronic respiratory disease, or any condition that reduces your immune system. Pregnant women are also thought to be at higher risk of a severe case. The following advice is good for **everyone**, but is especially important for you if you are a part of a high-risk group:

- Reduce your contact with others by staying home when you can and avoiding group gatherings and unnecessary travel. Ask others in your household to do the same to the extent possible.
- When you do need to have visitors of any kind, try to maintain a distance of at least 6 feet as much as possible.
- Wash your hands often and sanitize surfaces in your home and anywhere else you spend time. Consider using household antimicrobial wipes.
- If you are responsible for planning any group events, cancel or postpone them if they are not absolutely necessary. Consider arranging phone or video conferences instead.
- Work from home if possible.
- If you do get sick (it may not be coronavirus) try to stay home, and if you need to go to the doctor **be sure to call first** so they can be ready for you. Your provider may ask a few questions before advising you on whether to visit.

It is important to rely on valid sources of information and avoid reacting to rumors and hype. Health departments, hospitals and major university medical centers are generally good sources. Social media posts, email chains and word of mouth are not always reliable.

Additional Resources:

[Chelan-Douglas Health District](#)

[Washington State Department of Health](#)

[Centers for Disease Control and Prevention](#)

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Always working for a safer and healthier Community