This is a message from the Centers for Disease Control and Prevention.

Older adults and people of any age who have serious underlying medical conditions are at higher risk for severe illness from COVID-19.

If you are at higher risk, you should stay home as much as possible and avoid close contact with people who are sick to protect yourself.

Call your doctor if you have concerns about COVID-19 and your medical condition or if you get sick.

For more information visit c-d-c dot gov.