

If you are at higher risk of severe COVID-19, prepare now:

- Plan ahead with your doctor on when to seek routine care (e.g. at off-peak hours) and what to do if you were to get sick
- Make sure all your vaccinations are up to date
- Have sufficient quantity of your regular medication, non-perishable food and other supplies to minimize trips outside your home*
- Limit in-home services and visitors to what is essential – only people that are healthy should visit
- Keep up to date on national public health advice

