As you get older, your risk for severe illness from COVID-19 increases. Everyone, especially older adults and others at increased risk of severe illness, should take steps to protect themselves from getting COVID-19. In fact, 8 out of 10 COVID-19-related deaths reported in the United States have been among adults aged 65 years and older.

**Reduce your risk of getting COVID-19**

It is especially important for people at increased risk of severe illness from COVID-19, and those who live with them, to protect themselves from getting COVID-19.

The best way to protect yourself and to help reduce the spread of the virus that causes COVID-19 is to:

1. Limit your interactions with other people as much as possible.
2. Take precautions to prevent getting COVID-19 when you do interact with others.
3. If you start feeling sick and think you may have COVID-19, get in touch with your healthcare provider within 24 hours.

Learn more at the CDC website: [https://bit.ly/33gf1o6](https://bit.ly/33gf1o6).

---

**If you leave home, know your 3 Ws!**

- **WEAR** a cloth mask over your nose and mouth.
- **WAIT** 6 feet apart. Avoid close contact.
- **WASH** your hands or use hand sanitizer.

@NCDHHS  #StayStrongNC

---

Alliance Health

24-Hour Access and Information Line

Call 800-510-9132

www.AllianceHealthPlan.org
Feeling stressed or anxious about the COVID-19 pandemic? Use these tips to reduce your stress and anxiety:

1. Limit or avoid news coverage if it causes you more stress and anxiety.
2. Focus on positive things in your life that you can control.
3. Keep stress under control by exercising, eating healthy, reading, or by trying relaxation techniques such as yoga.
4. Talk about your experiences and feelings to loved ones and friends, if you find it helpful.
5. Connect with others who may be experiencing stress about the pandemic.
6. Take time to renew your spirit through meditation, prayer, or helping others in need.

Call the Alliance 24-hour Access and Information Center at 800-510-9132 and a licensed clinician will assist you in finding the right kind of help.

Find hope. Find help.
HOPE4NC HELPLINE
1-855-587-3463

www.AllianceHealthPlan.org