

# Covid-19 Resources

According to the Centers for Disease Control, people 60 and older, as well as those with chronic diseases, are more at risk for complications if they get Covid-19. These risks increase with age. The Rec Centers advises its members and employees to prepare themselves and their homes should they need to stay at home for an extended period. At this time, the CDC recommends residents, particularly those at risk for complications, develop a household plan of action and be prepared to self-quarantine for up to 14 days should there be a local outbreak of the new coronavirus.

The CDC has a host of information available online: <https://www.cdc.gov/coronavirus/2019-ncov/>

*Specific resources you may want to tap into include:*

- Information to get your household ready for Covid-19: <https://www.cdc.gov/coronavirus/2019-ncov/community/home/get-your-household-ready-for-COVID-19.html>
- What to do if there is a coronavirus outbreak in the community: <https://www.cdc.gov/coronavirus/2019-nCoV/summary.html>
- Checklists for Individuals and Families: <https://www.cdc.gov/coronavirus/2019-ncov/community/home/checklist-household-ready.html>
- Information for high-risk individuals: <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>
- Everyday preventative actions you can take: <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>
- The Rec Centers will post information about any facility closures or event cancellations on our website as soon as those decisions are made: <https://suncitywest.com/covid19>
- Arizona Fire and Medical is an important source for local information: <https://www.afma.az.gov/>

