



GOVERNMENT OF
THE VIRGIN ISLANDS OF THE UNITED STATES

VIRGIN ISLANDS DEPARTMENT OF HEALTH
OFFICE OF THE COMMISSIONER

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SPECIAL PROTECTIVE ADVICE TO INDIVIDUALS WITH ASTHMA OR
OTHER CHRONIC LUNG DISEASE.

Persons with asthma or chronic lung diseases, such as emphysema, or who have had part of their lung removed by surgery are at more risk of becoming infected with COVID19 and at higher risk for developing severe respiratory symptoms requiring a ventilator. For this reason if you have any of the above you must take extra care not to become infected. That includes wearing a mask when out in public. The following are suggested precautions you should take:

1. Persons with asthma or chronic lung diseases who are experiencing flu like symptoms should not should shop. Please provide family members or social services with your shopping list.
2. If you have had recent chemotherapy treatments or you are currently taking medications that may suppress your immune system, also provide family members or social services with your shopping list.
3. If you are well and must leave home, wear a mask when out of the car or with other people. Make the time in store or other business as brief as possible. You can call ahead to ensure that the items you need are already packaged. Some stores do car deliveries, others do home deliveries. If that is not possible, prepare a shopping list before you go to the store with only needed items to reduce your shopping time.
4. Wipe the surface of the shopping carts handles with sanitizers and carry hand sanitizers with you as you shop.

5. Choose items in bulk when ever possible to limit your shopping days .

6. Wash your hands vigorously with soap and warm water when you complete your shopping.

7. Wash all fruits and vegetables for 3-4 minutes with warm water and store appropriately.

8. It is ok to greet other individuals but maintain a safe distance and don't share hugs or shake hands with other seniors.