

# CORONAVIRUS DISEASE (COVID-19)

## WHAT TO DO IF YOU'RE HIGH RISK

## WHO IS AT HIGHER RISK FOR SEVERE ILLNESS?

- People ages 65 years and older
- People who live in a nursing home or long-term care facility
- People with chronic lung disease or moderate to severe asthma
- People with diabetes
- People who have serious heart conditions
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with chronic kidney disease undergoing dialysis
- People with liver disease
- People who are immunocompromised. Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications.

## HOW TO PROTECT YOURSELF



Stay home if possible



Wash your hands often



Avoid close contact with people who are sick



Clean and disinfect frequently touched surfaces



Avoid all non-essential travel