



HIGH RISK PATIENTS & COVID-19

While it is true that anyone no matter the age, race, gender, or health group can contract Coronavirus (COVID-19), there are people who are at a higher risk of contracting and experiencing more severe complications. Since COVID-19 is a new disease, there is limited information regarding risk factors, however based on current information and clinical experience, older adults and people of any age who have serious underlying medical conditions may be at higher risk for severe illness. Based on available information, those at high-risk for severe illness from COVID-19 include:

- People aged 65 years and older
- People who live in a nursing home or long-term care facility
- Underlying conditions such as:
 - People with chronic lung disease or moderate to severe asthma
 - People who have serious heart conditions
 - People who are immunocompromised including cancer treatment
 - People of any age with severe obesity, or certain underlying medical conditions, particularly if not well controlled, such as diabetes, renal failure, or liver disease

If you fall under any of the high-risk categories, here are steps that you can take to help prevent getting sick:

- Stay home
 - Check if family, friends, or neighbors can do your grocery shopping
- Wash your hands often
- Avoid close contact with others (at least 6 feet)
- Clean and disinfect frequently touched surfaces
- Avoid non-essential travel
- Call your healthcare provider if you have concerns about COVID-19 and your underlying condition