# What You Can Do If You Are at Increased Risk for Severe Illness from COVID-19

## Are You at Increased Risk for Severe Illness?

Based on what we know now, those at increased risk for severe illness from COVID-19 are:

* Older adults
* People of any age with the following:
  + Cancer
  + Chronic kidney disease
  + COPD (chronic obstructive pulmonary disease)
  + Immunocompromised state (weakened immune system) from solid organ transplant
  + Obesity (body mass index [BMI] of 30 or higher)
  + Serious heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
  + Sickle cell disease
  + Type 2 diabetes mellitus

## Here Is What You Can Do to Help Protect Yourself

* **Limit contact** with other people as much as possible.
* **Wash your hands** often.
* **Avoid close contact** (6 feet, which is about two arm lengths) with people who are sick.
* **Clean and disinfect** frequently touched surfaces.
* **Avoid all cruise travel** and non-essential air travel

Call your healthcare professional if you are sick.

For more information on steps you can take to protect yourself, see CDC’s How to Protect Yourself.

cdc.gov/coronavirus

Link to CDC Website: [What You Can Do If You Are at Increased Risk for Severe Illness from COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-What-You-Can-Do-High-Risk.pdf) (https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-What-You-Can-Do-High-Risk.pdf).

The End