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

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[[\*sk1\*]]

https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-What-You-Can-Do-High-Risk.pdf

## 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:

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• Older adults

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People of any age with the following:

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• Cancer

• Chronic kidney disease

• COPD (chronic obstructive pulmonary disease)

• Heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies

• Immunocompromised state (weakened immune system) from solid organ transplant

• Obesity (body mass index [BMI] of 30 kg/m2 or higher but <40 kg/m2)

• Severe Obesity (BMI ≥ 40 kg/m2)

• Pregnancy

• Sickle cell disease

• Smoking

• 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 others outside your household.

**Clean and disinfect** frequently touched surfaces.

**Avoid all unnecessary travel.**

[[\*sk1\*]]

Call your healthcare professional if you are sick.

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

cdc.gov/coronavirus