

# GROUPS THAT ARE AT HIGHER RISK FOR SERIOUS COMPLICATIONS DUE TO CORONAVIRUS (COVID-19)

**The Centers for Disease Control and Prevention (CDC) has defined the following high-risk groups:**

- Older adults (65 years or older)
- People with lung conditions (including moderate to severe asthma, lung cancer and chronic obstructive pulmonary disease (COPD))
- Individuals with serious heart conditions
- People with weakened immune systems (such as individuals undergoing cancer treatments, smokers and those with HIV/AIDS)
- People classified as severely obese (body mass index (BMI) of 40 or higher)
- People with diabetes
- Dialysis patients with chronic kidney disease
- Individuals suffering from liver disease

Along with practicing hand washing and social distancing recommendations that are important for all individuals, high-risk individuals should consider the following precautions:



Continue taking your medications as directed. Keep an adequate supply of your prescriptions stocked.



Check with your doctor about options for telehealth or over-the-phone appointments.



Avoid unnecessary social interactions. Keep in touch by talking on the phone or meeting virtually online.



Stay at home as much as possible. When available, have your groceries, meals and medications delivered. Ask friends, family or neighbors if they are willing to help.



Keep any chronic diseases or conditions well managed and prevent new ones from developing. Practice healthy lifestyle habits such as eating healthfully, exercising regularly and getting adequate sleep.



If you smoke, get help to stop. Smoking can compromise your immune system and worsen certain conditions such as asthma and COPD.

For the most up-to-date COVID-19 information and recommendations, visit the Centers for Disease Control and Prevention (CDC) website: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>