



# WHAT YOU CAN DO IF YOU ARE AT HIGHER RISK OF SEVERE ILLNESS FROM COVID-19

## Are you at higher risk for severe illness?

Based on what we know now, people who are at higher risk for severe illness from COVID-19 include:

- Older adults

People of any age with the following:

- Cancer
- Chronic kidney disease
- Chronic liver disease
- Chronic lung diseases
- Cystic fibrosis
- Dementia or other neurological conditions
- Diabetes (type 1 or type 2)
- Disabilities
- Heart conditions
- HIV infection
- Immunocompromised state (weakened immune system)
- Mental health conditions
- Overweight and obesity
- Physical inactivity
- Pregnancy
- Sickle cell disease or thalassemia
- Smoking, current or former
- Solid organ or blood stem cell transplant
- Stroke or cerebrovascular disease
- Substance use disorders
- Tuberculosis

## Here's what you can do to help protect yourself:



Stay up to date with COVID-19 vaccines



Wear a well-fitting mask when recommended



Avoid crowds and poorly ventilated spaces



If you have symptoms, test soon and treat early



Wash your hands often



Monitor your health daily

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](https://www.cdc.gov/coronavirus)

