


WHAT YOU CAN DO COVID-19 can happen to anyone, but certain groups are at a higher risk for very sick COVID-19, including an updated treatment guidelines: sem.ga:p:RG:GM:gen:TTTC:FY23

ADDITIONAL REMINDERS FOR PEOPLE AT HIGH RISK FOR SEVERE ILLNESS FROM COVID-19

The Centers for Disease Control and Prevention (CDC) provides these reminders to help you continue protecting your own and others’ health.

1. Stay home if you have COVID-19, including if you have been exposed to COVID-19 but do not have symptoms.
2. Call your healthcare provider if you have any concerns about medical conditions or about how COVID-19 may affect your medical condition(s).
3. Do not change your treatment plan without talking to your healthcare provider about your personal risk.

If you have symptoms of COVID-19, get tested immediately. If you test positive, take steps to protect others from getting infected.

Talk to your healthcare provider about:
- Having at least a 30-day supply of your medications
- How to make sure that your medications can be filled in advance and delivered to your home
- Having another source of prescription medications, such as a mail-order pharmacy
- Accommodate dietary needs and avoid triggers
- Avoid contact with people who have suspected or confirmed COVID-19
- Follow recommendations for what to do if you are exposed to COVID-19 and do not have symptoms
- Stay home if you have suspected or confirmed COVID-19
- Improve ventilation (moving air into, out of, and around your living areas, or keep distance between yourself and others)
- Seek care when needed
- Continue medical conditions and prescription medications as prescribed and do not change your treatment plan without talking to your healthcare provider
- Know the triggers of your medical condition and work with your healthcare provider on strategies to prevent symptoms
- Have at least a 30-day supply of your medications
- Accommodate dietary needs and avoid triggers
- Stay up to date with COVID-19 vaccinations whenever possible
- Take preventative measures
- Monitor for COVID-19 symptoms
- Learn about stress and coping
- Know your healthcare provider’s contact information
- Avoid social gatherings
- Avoid contact with sick people
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