

# ARE YOU AT AN INCREASED RISK FOR SERIOUS ILLNESS FROM COVID-19?

## What Does Serious Illness Mean?

Some people have a higher risk for getting very sick\* with COVID-19, which means that they are more likely to<sup>1</sup>:

- Be hospitalized<sup>1</sup>
- Need intensive care<sup>1</sup>
- Require a ventilator to help them breathe, or<sup>1</sup>
- Die<sup>1</sup>



## YOUR RISK FOR GETTING VERY SICK FROM A COVID-19 INFECTION INCREASES IF...

### 1. You Are Older

The older you are, the more likely you are to get very sick, go to the hospital or the intensive care unit, or possibly die from a COVID-19 infection.<sup>2</sup>

For example:

- If you are 50 years and older, you are at a higher risk than younger people, and this risk increases the older you get.<sup>2</sup>
- Most deaths from COVID-19 occur in people who are older than 65 years.<sup>2</sup>

The chart below shows the increased risk you face of getting very sick from COVID-19 depending on your age, compared to people who are 18-29 years old<sup>3,4</sup>:

Compared to people aged 18-29 years old	30-39 years old	40-49 years old	50-64 years old	65-74 years old	75-84 years old	85+ years old
Hospitalization	1.5x	1.9x	3.1x	4.9x	8.9x	15x
Death	3.5x	10x	25x	60x	140x	350x

The older you are, the more likely you are to have other illnesses or conditions that also increase your risk of becoming very ill from COVID-19.<sup>5</sup>

### 2. You Have Certain Health Conditions

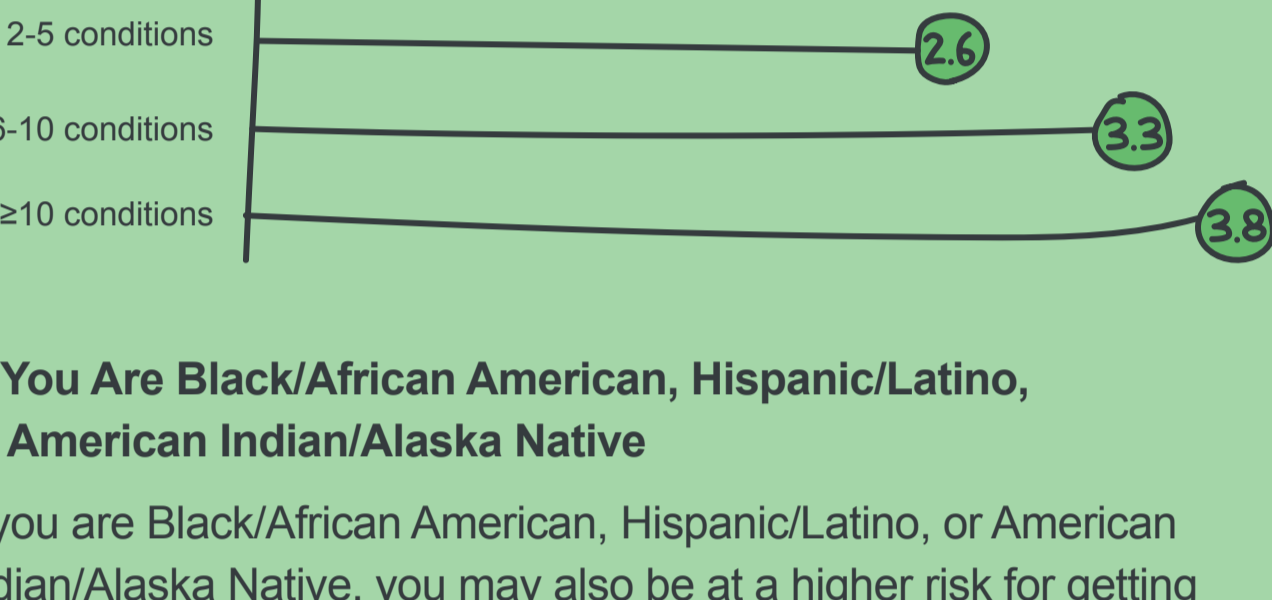
If you have one or more pre-existing medical conditions (comorbidities), you are also at a higher risk for getting very sick from a COVID-19 infection.<sup>4</sup>

These conditions include, but are not limited to, the following<sup>1</sup>:

- Cancer
- Chronic kidney disease
- Chronic liver disease
- Chronic lung disease
- Cystic fibrosis
- Dementia or other neurological condition
- Diabetes (type 1 or type 2)
- Disabilities
- Heart conditions
- HIV infection
- Sickle cell disease
- Weakened immune system
- Mental health conditions
- Being overweight or living with obesity
- Physical inactivity
- Pregnancy
- Smoking, current or former
- Transplant
- Stroke
- Substance abuse
- Tuberculosis

Your risk of getting very sick from a COVID-19 infection is higher if you have more than one preexisting medical condition.<sup>2,6</sup>

The chart below shows how the risk of death from COVID-19 increases as the number of comorbid conditions increases.<sup>4</sup>



### 3. You Are Black/African American, Hispanic/Latino, or American Indian/Alaska Native

If you are Black/African American, Hispanic/Latino, or American Indian/Alaska Native, you may also be at a higher risk for getting infected with COVID-19 and then becoming very sick<sup>4,7</sup>:

This is especially true if any of the following apply to you<sup>1,4,7,8</sup>:

- You are a frontline, essential, or critical infrastructure worker<sup>7</sup>
- You cannot afford doctor visits, or you don't have health insurance<sup>4</sup>
- You have difficulty getting to the hospital or clinic<sup>4</sup>
- You have medical conditions that already put you at higher risk for getting very sick from COVID-19<sup>1</sup>—especially obesity<sup>8</sup>

The chart below shows how the risk of infection, hospitalization, and death varies by race and ethnicity in the United States<sup>7</sup>:

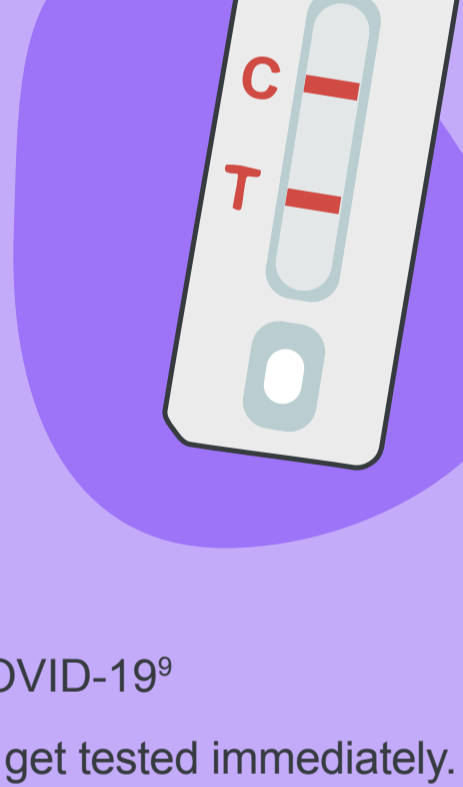
Increased Risk for COVID-19 Hospitalization, Infection, and Death by Race/Ethnicity - Compared to White/Non-Hispanic People<sup>7</sup>



## WHAT YOU CAN DO

COVID-19 can be serious, but you can help prepare for it<sup>2,9</sup>:

- Talk to your healthcare provider about getting vaccinated against COVID-19, including an updated booster if eligible<sup>10</sup>
- Understand your risk for severe COVID-19. Your risk is dependent on multiple factors, including age (50 years and older), underlying medical conditions, whether you have been vaccinated, and other risk factors. Talk to your healthcare provider about your personal risk.<sup>4</sup>
- Know the signs and symptoms of COVID-19<sup>9</sup>
- If you have symptoms of COVID-19, get tested immediately. If you were exposed to COVID-19 and do not have symptoms, wait at least 5 full days after your exposure before testing<sup>11</sup>
- Talk to your healthcare provider about potential treatment options if you test positive for COVID-19 or have signs or symptoms of COVID-19<sup>12</sup>



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

The Centers for Disease Control and Prevention (CDC) provides some information on how to continue protecting your own and others' health<sup>1</sup>:

1

### Take preventative measures

- Stay up to date with COVID-19 vaccinations
- Improve ventilation (moving air into, out of, or within a room)
- Get tested if you have symptoms
- Follow recommendations for what to do if you have been exposed
- Stay home if you have suspected or confirmed COVID-19
- Seek treatment if you have COVID-19 and are at high risk of getting very sick
- Avoid contact with people who have suspected or confirmed COVID-19
- Wear a mask or respirator (for example, N95)
- Increase space and distance (avoid crowded areas, or keep distance between yourself and others)

2

### Seek care when needed

- Call your healthcare provider if you have any concerns about medical conditions or about having COVID-19. **If you need emergency help, call 911 right away.**
- Do not delay getting care for any existing medical conditions

3

### Continue medications and preventative care

- Continue your medications as prescribed and do not change your treatment plan without talking to your healthcare provider
- Have at least a 30-day supply of your medications (both prescription and non-prescription)
- Follow your current treatment plan to keep your medical condition(s) under control
- Keep appointments with your healthcare provider, when possible
- Learn about stress and coping. It can be helpful to talk with a healthcare provider if you are experiencing increased stress.

4

### Accommodate dietary needs and avoid triggers

- Have food options readily available that last for a long time without spoiling, and meet your needs based on your medical condition(s)
- Know the triggers of your medical condition and avoid them when possible

\*Getting very sick (being severely ill) with COVID-19 means that a person is more likely to be hospitalized, need intensive care, require a ventilator to help them breathe, or die.<sup>1</sup>

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