If you are immunocompromised, you have a weakened immune system.

1. Take preventative measures
   - Stay up to date with COVID-19 vaccinations, including boosters as eligible.
   - Get tested if you have symptoms or exposure.
   - Know the triggers of your medical condition and how to avoid them.
   - Have food options readily available that last for a long time without spoiling, and meet your needs.
   - Learn about stress and coping. It can be helpful to talk with a healthcare provider if you are experiencing increased stress.

2. Continues medications and preventative care
   - Continue medications as prescribed and do not change your treatment plan before talking to your healthcare provider.
   - Have at least a 3-month supply of your medications on hand.
   - Follow your current treatment plan to keep your medication regimen stable.
   - Keep appointments with your healthcare provider.
   - Leave about stress and coping. It can be helpful to talk with a healthcare provider if you are experiencing increased stress.

3. Accommodate dietary needs and avoid triggers
   - If you need emergency help, call 911 right away.
   - Do not change your treatment plan without talking to your healthcare provider.

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.

• Talk to your healthcare provider about potential treatment options if you test positive for COVID-19 or have signs or symptoms of COVID-19.

• If you have symptoms of COVID-19, get tested immediately. If positive, wait at least 5 full days after your exposure before testing again.

• Test for COVID-19 if you have been exposed to someone who has tested positive for COVID-19.

• You have been diagnosed with primary immunodeficiency disease.

• You have advanced or untreated HIV infection.

• You have been exposed to a person with COVID-19 who is at high risk of getting very sick.

• You have advanced or untreated HIV infection.

• You are taking immune-suppressing medicines such as high-dose corticosteroids or certain biologics.

• You have been treated recently for cancer, including chemotherapy or radiation therapy.

• You have a weakened immune system due to another reason.

• You have a medical condition or certain medications can wear out your body's immune system.

• You have a medical condition that is treated with biologics.

• You have any other chronic medical conditions.

• You have been exposed to COVID-19.

• You have been vaccinated, and other

• You have had an organ transplant.

• You have been diagnosed with primary immunodeficiency disease.

• You have advanced or untreated HIV infection.

• You have been exposed to a person with COVID-19 who is at high risk of getting very sick.

• You have advanced or untreated HIV infection.

• You are taking immune-suppressing medicines such as high-dose corticosteroids or certain biologics.

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