

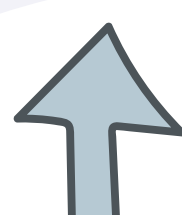
# YOUR RISK FOR SERIOUS ILLNESS FROM COVID-19 IF YOU ARE IMMUNOCOMPROMISED

If you are immunocompromised, you have a weakened immune system.<sup>1</sup>

Normally, when you are exposed to a virus or bacteria, your body's immune system works to fight infection.<sup>2</sup> Sometimes a medical condition or certain medications can wear out our immune system, making it harder for your body to fight infections.<sup>1</sup>

You might be at risk for a weakened immune system if<sup>1</sup>:

- You have been recently treated for cancer<sup>1</sup>
- You have had an organ transplant and you are taking medications to prevent rejection of the transplant<sup>1</sup>
- You have been diagnosed with primary immunodeficiency<sup>1</sup> – which means that your immune system does not work correctly<sup>3</sup>
- You have advanced or untreated HIV infection<sup>1</sup>
- You are taking immune-suppressing medicines such as high-dose corticosteroids or certain biologics<sup>1</sup>



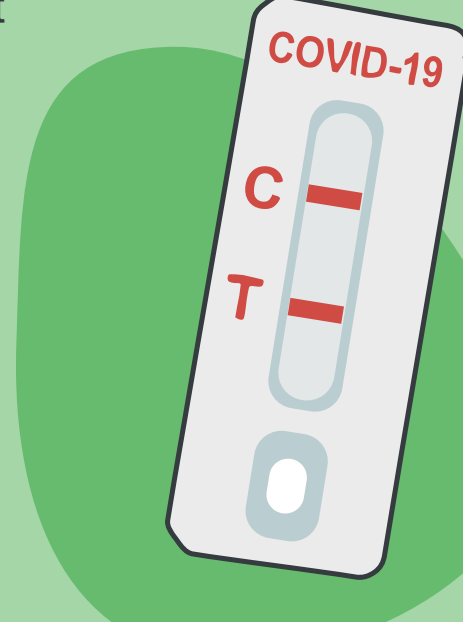
If your immune system is weakened, you may face an increased risk of getting very sick\* or going to the hospital from a COVID-19 infection.<sup>4</sup>



## WHAT YOU CAN DO

COVID-19 can be serious, but you can help prepare for it<sup>5,6</sup>:

- Talk to your healthcare provider about getting vaccinated against COVID-19, including an updated booster if eligible<sup>7</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>8</sup>
- Know the signs and symptoms of COVID-19<sup>5</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>9</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>10</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>

#### References

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