

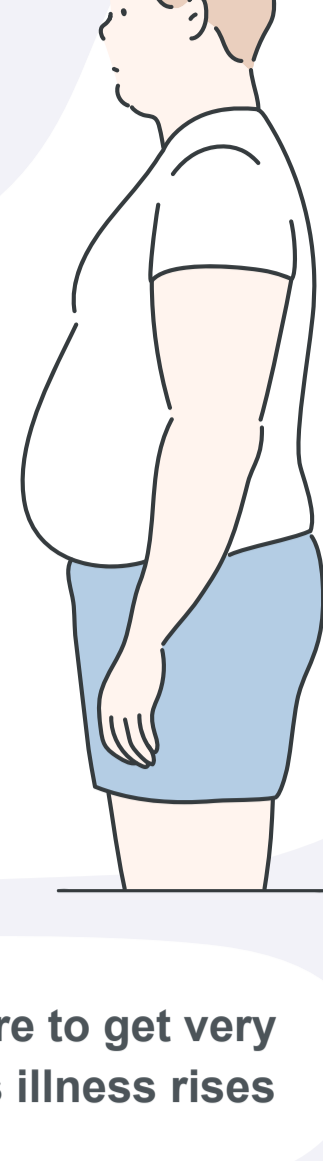
YOUR RISK FOR SERIOUS ILLNESS FROM COVID-19 WHEN YOU HAVE OBESITY

If you are overweight or living with obesity, you are more likely to get very sick* if you get infected by COVID-19.¹

Overweight and obesity are medical conditions in which a person has more body weight than what is considered healthy for their height.²

These conditions are measured by a tool called Body Mass Index (BMI), which is calculated by taking a person's weight in kilograms and dividing it by the square of height in meters.²

- If your BMI is 25.0 to <30.0, it falls within the overweight range²
- If your BMI is 30.0 or higher, it falls within the obesity range²

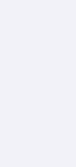


The higher your BMI, the more likely you are to get very sick from COVID-19—as the risk of serious illness rises sharply with higher BMI.¹

Having obesity is a strong risk factor for getting very sick from COVID-19 for several reasons:

- Extra fat in the abdomen pushes up on the diaphragm, which causes restricted airflow to the lungs. This causes shortness of breath or difficulty breathing. If you contract COVID-19, then breathing can become even more difficult.³
- If you have obesity, your blood may clot more, especially in your lungs.³
- Having obesity makes you more likely to suffer from local inflammation. Increased inflammation can wear out your immune system⁴ and make it more difficult for your body to fight off infection, including COVID-19.^{4,5}

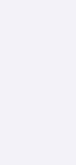
For people living with obesity:		
The risk of being hospitalized from COVID-19 increases 3 times ⁶	The risk of ending up in the intensive care unit (ICU), needing a ventilator to breathe, or dying, also increases ⁶	In 2020, models estimated that 30% of all people who were hospitalized due to COVID-19 suffered from obesity ⁶



Your Risk Increases If You Have More Than 1 Illness

In addition to having obesity, you may also be suffering from other health conditions that further increase your risk for getting very sick from COVID-19.⁴ These include (but are not limited to):

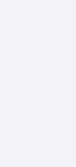
- Heart disease³
- Diabetes³
- Certain types of cancer¹
- Lung disease³
- Blood clots⁷
- Kidney disease¹
- Liver disease³
- Neurological conditions (that affect the brain or spinal cord)⁸



Your Risk Increases If You Are Older

Older adults are more likely to have obesity,⁹ which also increases the risk of getting very sick from COVID-19.¹

Approximately 39% of adults aged 45-54 years old have obesity, compared to almost 21% of adults 18-24 years old.⁹

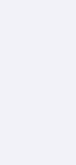


Your Risk Increases If You Didn't Finish College

People who didn't graduate from college are more likely to have obesity,⁹ which also increases the risk of getting very sick from COVID-19.¹

Self-reported rates of obesity among adults by education level⁹:

- Did not complete high school 37.8%⁹ versus
- Graduated from college 26.3%⁹



Your Risk Increases If You Are Black/African American, Latino/Hispanic, or Native American

In the United States, obesity affects people who are Black/African American, Latino/Hispanic more than it affects people of other ethnicities.⁶ This is because historically, many people have not had opportunities for good economic, physical, or emotional health.⁶ These injustices are contributing to increased obesity, and in turn, to increased risk of getting very sick or dying from COVID-19.⁶

Self-reported rates of obesity among adults by race/ethnicity:⁶

- Black/African American 41.7%⁶
- Native American 38.4%⁶
- Latino/Hispanic 36.1%⁶
- White 31%⁶
- Asian 11.7%⁶



WHAT YOU CAN DO TO HELP REDUCE OBESITY

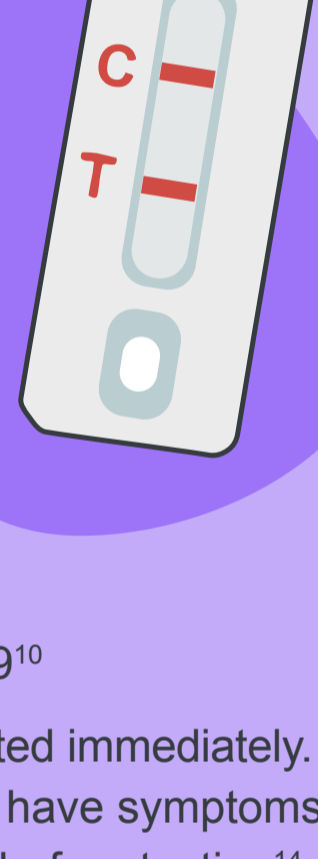
- Eat a healthy diet^{3,6}
- Be physically active^{3,6}
- Take care of your mental health³
- Get enough sleep^{3,6}
- Cope with stress^{3,6}



WHAT YOU CAN DO TO REDUCE THE RISK OF SERIOUS ILLNESS FROM COVID-19

COVID-19 can be serious, but you can help prepare for it^{10,11}:

- Talk to your healthcare provider about getting vaccinated against COVID-19, including an updated booster if eligible¹²
- 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.¹³
- Know the signs and symptoms of COVID-19¹⁰
- 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 testing¹⁴
- Talk to your healthcare provider about potential treatment options if you test positive for COVID-19 or have signs or symptoms of COVID-19¹⁵



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' health¹:

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.²

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