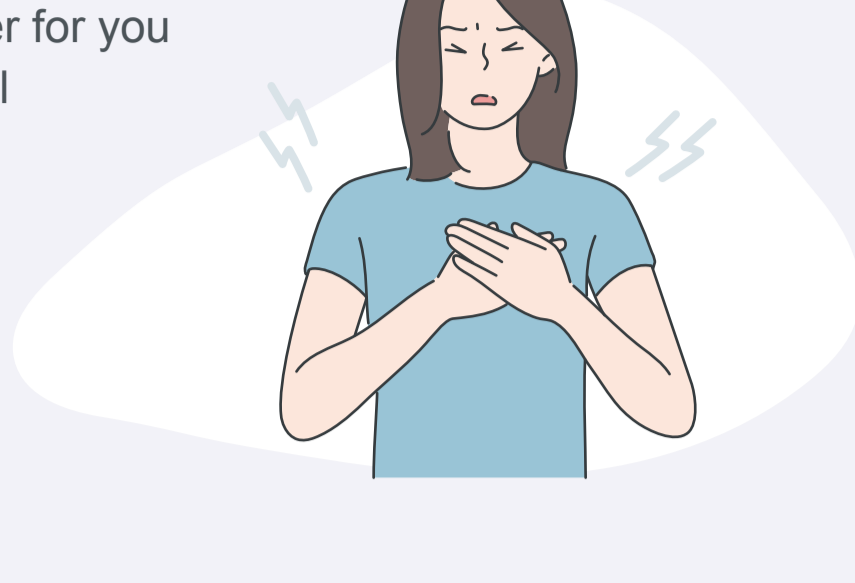


# YOUR RISK FOR SERIOUS ILLNESS FROM COVID-19 WHEN YOU HAVE A PULMONARY EMBOLISM

Pulmonary embolism (PE), a blood clot in your lungs, is a chronic lung disease that may increase your risk of going to the hospital or getting very sick\* from a COVID-19 infection.<sup>1</sup>

Blood clots usually first form in the veins of the legs or arms – in a condition called deep vein thrombosis (DVT) – and then travel to other parts of the body, such as the lungs.<sup>2</sup>

In addition, if you have a PE or DVT, illness from COVID-19 can increase the risk of blood clots occurring if you are hospitalized due to the infection.<sup>3</sup> Blood clots – no matter the cause – make it harder for you to recover from a potential infection, including from COVID-19.<sup>4</sup>



## PEOPLE WHO EXPERIENCE A PULMONARY EMBOLISM COMMONLY HAVE THE FOLLOWING RISK FACTORS, WHICH ARE ALSO KNOWN TO INCREASE THE RISK OF BECOMING VERY SICK FROM COVID-19:

- Heart disease<sup>5</sup>
- Cancer<sup>5</sup>
- Chronic kidney disease<sup>5</sup>
- Smoking<sup>5</sup>
- Type 2 diabetes<sup>5</sup>

While the exact number of people affected by DVT or PEs is unknown, as many as

**900,000**

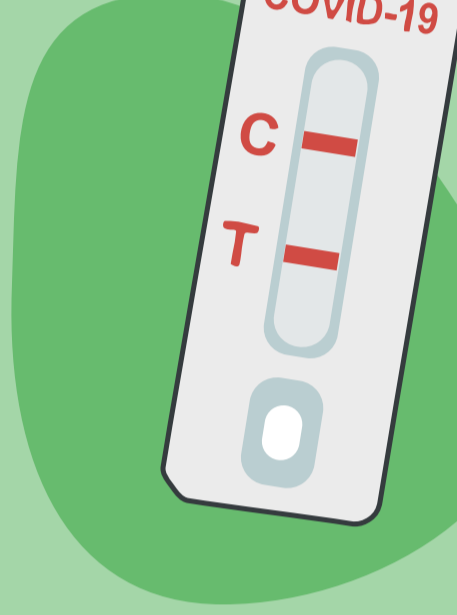
people could be affected each year in the United States.<sup>6</sup>



## WHAT YOU CAN DO

COVID-19 can be serious, but you can help prepare for it<sup>7,8</sup>:

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

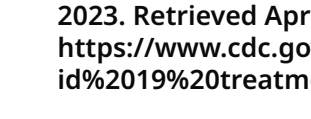
### Accommodate dietary needs and avoid triggers

- 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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