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. COVID-19 can be serious, but you can help prepare for it.

**Take preventative measures**

• Stay up-to-date with COVID-19 vaccinations
• Wear a mask or respirator (for example, N95)
• Avoid contact with people who have suspected or confirmed COVID-19
• Seek treatment if you have COVID-19 and are at high risk of getting very sick
• Stay home if you have symptoms of COVID-19 or have been exposed
• Improve ventilation (moving air into, out of, and across rooms)
• Wash your hands
• Keep distance between yourself and others
• Use hand sanitizer when possible

**Seek care when needed**

• Call your healthcare provider if you have any concerns about your medical condition (both prescription and non-prescription) and medical condition(s) under control
• Have a 30-day supply of your medications
• Do not delay getting care for any existing medical condition

**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)
• Avoid contact with people who have suspected or confirmed COVID-19
• Wear a mask or respirator (for example, N95)
• Improve ventilation (moving air into, out of, and across rooms), or keep distance between yourself and others
• Avoid contact with people who have suspected or confirmed COVID-19
• Improve ventilation (moving air into, out of, and across rooms)
• Wash your hands
• Keep distance between yourself and others
• Use hand sanitizer when possible

**Avoid face-to-face interactions**

• Talk to your healthcare provider about potential treatment options
• Wear a mask or respirator (for example, N95)
• Avoid contact with people who have suspected or confirmed COVID-19
• Wear a mask or respirator (for example, N95)
• Wash your hands
• Keep distance between yourself and others
• Use hand sanitizer when possible

**Have at least a 30 day supply of your medications**

**Stay home if you have symptoms**

• Call your healthcare provider if you have any concerns about your medical condition (both prescription and non-prescription) and medical condition(s) under control
• Have a 30-day supply of your medications
• Do not delay getting care for any existing medical condition

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