What You Can do if You are at Higher Risk of Severe Illness from COVID-19

Are You at Higher Risk for Severe Illness?

Based on what we know now, those at higher risk for severe illness from COVID-19 are:

- Older adults
- People of any age with the following:
  - Cancer
  - Chronic kidney disease
  - COPD (chronic obstructive pulmonary disease)
  - Heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
  - Immunocompromised state (weakened immune system) from solid organ transplant
  - Obesity (body mass index [BMI] of 30 kg/m2 or higher but < 40 kg/m2)
  - Severe Obesity (BMI ≥ 40 kg/m2)
  - Pregnancy
  - Sickle cell disease
  - Smoking
  - Type 2 diabetes mellitus

Here’s What You Can do to Help Protect Yourself

- **Limit contact** with other people as much as possible.
- **Wash your hands** often.
- **Avoid close contact** (6 feet, which is about 2 arms lengths) with others outside your household.
- **Clean and disinfect** frequently touched surfaces.
- **Avoid all unnecessary travel.**

Call your healthcare professional if you are sick.

For more information on steps you can take to protect yourself, see CDC’s [How to Protect Yourself](https://www.cdc.gov/coronavirus).