Are you at higher risk for severe illness?

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

- Older adults

People of any age with the following:

- Cancer
- Chronic kidney disease
- Chronic liver disease
- Chronic lung diseases
- Cystic Fibrosis
- Dementia or other neurological conditions
- Diabetes (type 1 or type 2)
- Disabilities
- Heart conditions
- HIV infection
- Immunocompromised state (weakened immune system)
- Mental health conditions
- Overweight and obesity
- Physical inactivity
- Pregnancy
- Sickle cell disease or thalassemia
- Smoking, current or former
- Solid organ or blood stem cell transplant
- Stroke or cerebrovascular disease, which affects blood flow to the brain
- Substance use disorders
- Tuberculosis

Here’s what you can do to help protect yourself:

- Stay up to date with COVID-19 vaccines
- Wear a well-fitting mask when recommended
- Avoid crowds and poorly ventilated spaces
- If you have symptoms, test soon and treat early
- Wash your hands often
- Monitor your health daily

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.