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)
  - 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 two arm lengths) with people who are sick.
- Clean and disinfect frequently touched surfaces.
- Avoid all cruise travel and non-essential air 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.