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, 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
- 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:

- Get a COVID-19 vaccine.
- Limit contact with other people as much as possible.
- Wash your hands often.
- Avoid close contact (6 feet, which is about 2 arm 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.