COVID-19 is a respiratory illness that can spread from person to person.

SERIOUS UNDERLYING MEDICAL CONDITIONS

If you have a serious underlying medical condition (https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/groups-at-higher-risk.html), like

- Chronic obstructive pulmonary disease (COPD)
- Asthma
- Other chronic lung disease, black lung, or silicosis
- Any condition that can suppress your immune system
- Diabetes
- Serious heart conditions
- Chronic kidney disease or liver disease
- Severe obesity
- 65 years or older

You may be at a higher risk of severe illness if you get COVID-19.

SYMPTOMS

People with COVID-19 have had a wide range of symptoms reported, ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list is not all of the symptoms. Please call your doctor, nurse, or clinic if you have any other symptoms that are severe or concerning to you.

cdc.gov/coronavirus
WHAT TO DO IF YOU HAVE SYMPTOMS

• Keep taking your current medications, including those with steroids in them (“steroids” is another word for corticosteroids). Do not change your treatment plan or medications without talking to your doctor.

• Avoid triggers that make your symptoms worse.

• Have at least a 2-week supply (preferably a 90-day supply) of prescription and non-prescription medications. Talk to your healthcare provider, insurance company, and pharmacist about getting an extra supply of prescription medications, if possible, to reduce trips to the pharmacy.

• Talk to your healthcare provider about whether your vaccinations are up-to-date.

• Do not delay getting emergency care for your underlying condition because of COVID-19.

• Call your healthcare provider or local health department if you think you may have COVID-19 or if you have concerns about COVID-19 and your underlying conditions.

WHEN TO SEEK MEDICAL ATTENTION

If you develop any of the following emergency warning signs for COVID-19, call 911 and get medical attention immediately:

• Trouble breathing
• Pain or pressure in the chest
• New confusion

• Can’t wake up or stay awake
• Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

Tell the operator that you have, or think you might have, COVID-19. If possible, put a cloth face covering on before medical help arrives.