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

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

• Older adults

People of any age with the following (listed in alphabetical order):
• Blood disorders such as sickle cell disease or thalassemia
• Cancer
• Chronic kidney disease
• Chronic liver disease
• Chronic lung disease
• Dementia or other neurological conditions
• Diabetes (type 1 or type 2)
• Some disabilities such as intellectual and developmental disabilities
• Heart conditions
• HIV infection
• Mental health conditions such as depression
• Overweight and obesity
• Physical inactivity
• Pregnancy
• Smoking, current or former
• Solid organ or blood stem cell transplant
• Stroke or disease that affects blood flow to the brain
• Substance use disorders
• Tuberculosis
• Weakened immune system

Call your healthcare provider if you are sick.
For more information on steps you can take to protect yourself, see CDC’s How to Protect Yourself.
cdc.gov/coronavirus
Help Protect Yourself and Others:

**Before departure**
- Visit your healthcare provider and prepare your medical records.
- Receive 12-week supply of medications.
- Discuss COVID-19 vaccination and booster options with your healthcare provider.
- If traveling by air, you will need to show a negative viral COVID-19 test result from a test taken no more than 1 day before travel or documentation of recovery* from COVID-19.

*Documentation of recovery includes proof of a positive viral test in the last 90 days and a letter from a healthcare provider or a public health official stating that you were cleared to travel.

**During travel**
- Wear a well-fitting mask that completely covers your nose and mouth in indoor areas of airports, stations, and public transportation, even if you’ve been vaccinated.
- Wash your hands often or use an alcohol-based hand sanitizer.
- Notify IOM or airline staff if you feel sick during travel.

**After arrival**
- Stay home as much as possible for the first 10 days. Contact your resettlement agency case worker for specific recommendations based on your vaccination status or living arrangements.
- Get tested 3-5 days after arrival and watch for symptoms of COVID-19.
- Ask your healthcare provider or resettlement agency case worker about COVID-19 vaccination and booster options.

**If you get sick and think you might have COVID-19:**
- Stay home. Avoid contact with others in your home as much as possible.
- Get tested for COVID-19.
- Contact your healthcare provider and resettlement agency case worker. If you need an interpreter to speak to your medical provider, your case worker can help you.
- Call 911 and seek medical care immediately if you have emergency warning signs (including trouble breathing).

[cdc.gov/coronavirus]