

CORONAVIRUS DISEASE 2019 (COVID-19) and Miners with Serious Underlying Medical Conditions

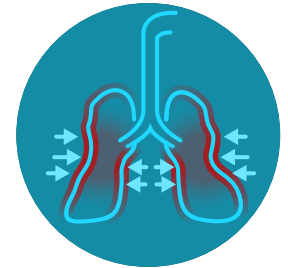


COVID-19 is a respiratory illness that can spread from person to person.

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

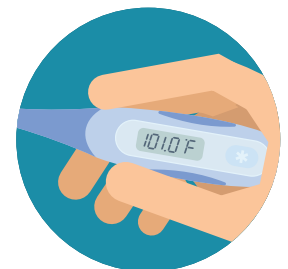


You may be at a higher risk of severe illness if you get COVID-19.

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
- Can't wake up or stay awake
- Pain or pressure in the chest
- Bluish lips or face
- New confusion

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.

