

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

## Are You at Increased Risk for Severe Illness?



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:
  - Cancer
  - Chronic kidney disease
  - COPD (chronic obstructive pulmonary disease)
  - Immunocompromised state (weakened immune system) from solid organ transplant
  - Obesity (body mass index [BMI] of 30 or higher)
  - Serious heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
  - Sickle cell disease
  - Type 2 diabetes mellitus

## Help Protect Yourself and Others:



### Before departure



Visit your healthcare provider and prepare your medical records.



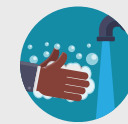
Receive 12-week supply of medications.



### During travel



Wear a mask.



Wash your hands often or use an alcohol-based hand sanitizer.



Avoid close contact (2 meters/ 6 feet) with people who don't live with you.



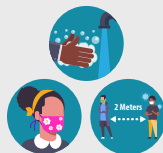
### After arrival



Stay home as much as possible for the first 10 days after arrival. Contact your resettlement agency case worker for information about specific requirements in your area.



Watch for symptoms of COVID-19. Take your temperature if you feel sick.



Continue to do steps listed in 'During travel'.



### If you get sick and think you might have COVID-19:



Stay home. Avoid contact with others as much as possible.



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).



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](#).

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)