To

Results updated between these given dates

Audience:

Any

Topic:

Any

Content Type:

Any

Coronavirus Disease 2019 (COVID-19)

People of Any Age with Underlying Mec Conditions

Updated June 25, 2020

Print

Summary of Recent Changes

Revisions were made on June 25, 2020 to reflect available data as of May 29, 2020. We a COVID-19 every day, and as new information becomes available, CDC will update the in

People of any age with **certain underlying medical conditions** are at increased risk for se

People of any age with the following conditions **are at increased risk** of severe illness fror

- Chronic kidney disease

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

Children who are medically complex, who have neurologic, genetic, metabolic conditior heart disease are at higher risk for severe illness from COVID-19 than other children.

COVID-19 is a new disease. Currently there are limited data and information about the im conditions and whether they increase the risk for severe illness from COVID-19. Based on people with the following conditions **might be at an increased risk** for severe illness from

- Asthma (moderate-to-severe)
- Cerebrovascular disease (affects blood vessels and blood supply to the brain)
- Cystic fibrosis
- Hypertension or high blood pressure
- Immunocompromised state (weakened immune system) from blood or bone marrov deficiencies, HIV, use of corticosteroids, or use of other immune weakening medicine
- Neurologic conditions, such as dementia
- Liver disease
- Pregnancy
- Pulmonary fibrosis (having damaged or scarred lung tissues)
- Smoking
- Thalassemia (a type of blood disorder)
- Type 1 diabetes mellitus

Want to see the evidence behind these lists?

The list of underlying conditions is meant to inform clinicians to help them provide the

patients, and to inform individuals as to what their level of risk may be so they can mak illness prevention. We are learning more about COVID-19 every day. This list is a living d updated at any time, subject to potentially rapid change as the science evolves.

Reduce your risk of getting COVID-19

It is especially important for people at increased risk of severe illness from COVID-19, and protect themselves from getting COVID-19.

The best way to protect yourself and to help reduce the spread of the virus that causes C(

- Limit your interactions with other people as much as possible.
- Take precautions to prevent getting COVID-19 when you do interact with others.

If you start feeling sick and think you may have COVID-19, get in touch with your healthca

Venturing out into a public setting? What to you go.

As communities and businesses across the United States are opening, you may be thinkir activities, running errands, and attending events and gatherings. **There is no way to ensu infection,** so it is important to understand the risks and know how to be as safe as possib

People at increased risk of severe illness from COVID-19, and those who live with them, sh before deciding to go out and ensure they are taking steps to protect themselves. Consid taking protective measures may be difficult, such as activities where social distancing can' **should take steps to prevent getting and spreading COVID-19** to protect themselves, th who are at increased risk of severe illness.

In general, **the more people you interact with, the more closely you interact with them, interaction, the higher your risk of getting and spreading COVID-19.**

- If you decide to engage in public activities, continue to protect yourself by practicing
- Keep these items on hand and use them when venturing out: a cloth face covering, t at least 60% alcohol, if possible.

- If possible, avoid others who are not wearing cloth face coverings or ask others arou coverings.

Are you considering in-person visits with family ar are some things to consider to help make your visit possible:

When to delay or cancel a visit

- Delay or cancel a visit if you or your visitors have symptoms of COVID-19 or have bee COVID-19 in the last 14 days.
- Anyone who has had close contact with a person with COVID-19 should stay home a

In general, the more people you interact with, the more closely you interact with them, interaction, the higher the risk of COVID-19 spread. So, think about:

- How many people will you interact with?
- Can you keep 6 feet of space between you and others?
- Will you be outdoors or indoors?
- What's the length of time that you will be interacting with people?

Encourage social distancing during your visit

- Visit with your friends and family **outdoors**, when possible. If this is not feasible, mak well-ventilated (for example, open windows or doors) and large enough to accommo
- Arrange tables and chairs to allow for social distancing. People from the same house and don't need to be 6 feet apart from each other.
- Consider activities where social distancing can be maintained, like sidewalk chalk art
- Try to avoid close contact with your visitors. For example, don't shake hands, elbow b verbally greet them.
- If possible, avoid others who are not wearing cloth face coverings or ask others arou coverings.
- Consider keeping a list of people you visited or who visited you and when the visit oc contract tracing if someone becomes sick.

Wear cloth face coverings

- Cloth face coverings should be worn over the nose and mouth. Cloth face coverings is difficult to stay at least 6 feet apart from others or when people are indoors to hel
- Cloth face coverings may slow the spread of the virus and help people who may hav from transmitting it to others
    - Wearing a cloth face covering helps protects others in case you're infected, whil you should they be infected.
- **Who should NOT use cloth face coverings:** Children under age 2 or anyone who has unconscious, or is incapacitated or otherwise unable to remove the mask without as

Wash hands often

- Everyone should wash their hands for at least 20 seconds at the beginning and end think your hands may have become contaminated.
- If soap and water are not readily available, such as with outdoor visits or activities, u at least 60% alcohol. Cover all surfaces of your hands and rub them together until th
- Remind guests to wash or sanitize their hands before serving or eating food.
- Use single-use hand towels or paper towels for drying hands so visitors do not share can available for guests to use.

Limit contact with commonly touched surfaces or shared items

- Encourage your visitors to bring their own food and drinks.
- Clean and disinfect commonly touched surfaces and any shared items between use.
- If you choose to use any shared items that are reusable (e.g., seating covers, tablecl and sanitize them after the event.

If you are thinking about participating in an event

If you are at increased risk for severe illness, consider avoiding high-risk gatherings. The r events and gatherings increases as follows:

Lowest risk: Virtual-only activities, events, and gatherings.

More risk: Smaller outdoor and in-person gatherings in which individuals from different h least 6 feet apart, wear cloth face coverings, do not share objects, and come from the sam town, city, or county).

Higher risk: Medium-sized in-person gatherings that are adapted to allow individuals to r apart and with attendees coming from outside the local area.

Highest risk: Large in-person gatherings where it is difficult for individuals to remain spac attendees travel from outside the local area.

Stay healthy during the COVID-19 pandemic

Staying healthy during the pandemic is important. Talk to your healthcare provider about other preventive services are up to date to help prevent you from becoming ill with other

- It is particularly important for those at increased risk of severe illness, including olde recommended vaccinations against influenza and pneumococcal disease.
- Remember the importance of staying physically active and practicing healthy habits

If you have an underlying medical condition, you s follow your treatment plan:

- **Continue your medicines** and do not change your treatment plan without talking to
- **Have at least a 30-day supply** of prescription and non-prescription medicines. Talk t and pharmacist about getting an extra supply (i.e., more than 30 days) of prescriptio reduce your trips to the pharmacy.
- **Do not delay getting emergency care for your underlying medical condition** becau departments have contingency infection prevention plans to protect you from gettin
- **Call your healthcare provider if you have any concerns** about your underlying med and think that you may have COVID-19. If you need emergency help, call 911 right av
- **If you don't have a healthcare provider,** contact your nearest community health cer

Actions you can take based on your medical

other risk factors

Asthma (moderate-to-severe)

Having moderate-to-severe asthma may increase your risk for severe illness from COVI

Actions to take

- Follow your Asthma Action Plan.
- Keep your asthma under control.
- Continue your current medicines, including any inhalers with steroids in them ("ster corticosteroids).
- Make sure that you have at least a 30-day supply of your medicines.
- Know how to use your inhaler.
- Avoid your asthma triggers.
- Call your healthcare provider if you have concerns about your condition or feel sick.
- **If you don't have a healthcare provider,** contact your nearest community health cer department.
- If possible, have another member of your household who doesn't have asthma clear you. When they use cleaning and disinfecting products, have them:
  - Make sure that people with asthma are not in the room.
  - Minimize use of disinfectants that can cause an asthma attack.
  - Open windows or doors and use a fan that blows air outdoors.
  - Always follow the instructions on the product label.
  - Spray or pour spray products onto a cleaning cloth or paper towel instead of sp onto the cleaning surface (if the product label allows).

Learn more about asthma.

Chronic kidney disease

Having chronic kidney disease of any stage increases your risk for severe illness from C

Actions to take

- Continue your medicines and your diet as directed by your healthcare provider.
- Make sure that you have at least a 30-day supply of your medicines.
- Stay in contact with your healthcare team as often as possible, especially if you have of illness. Also reach out to them if you can't get the medicines or foods you need.
- **If you don't have a healthcare provider,** contact your nearest community health cer department.
- Have shelf-stable food choices to help you follow your kidney diet.
- If you are on dialysis:
  - Contact your dialysis clinic and your healthcare provider if you feel sick or have
  - Do NOT miss your treatments.
  - Plan to have enough food on hand to follow the KCER 3-Day Emergency Diet Pl case you are unable to maintain your normal treatment schedule.

Learn more about kidney disease.

Learn how to take care of your kidneys.

COPD, cystic fibrosis, pulmonary fibrosis, and other chronic lung

Having COPD (including emphysema and chronic bronchitis) is known to increase your COVID-19. Other chronic lung diseases, such as idiopathic pulmonary fibrosis and cystic risk of severe illness from COVID-19.

Actions to take

- Keep taking your current medicines, including those with steroids in them ("steroids" corticosteroids).
- Make sure that you have at least a 30-day supply of your medicines.
- Avoid triggers that make your symptoms worse.
- Call your healthcare provider if you have concerns about your condition or feel sick.

- **If you don't have a healthcare provider,** contact your nearest community health cer department.

Learn more about COPD.

Diabetes

Having type 2 diabetes increases your risk of severe illness from COVID-19. Based on w having type 1 or gestational diabetes may increase your risk of severe illness from COV

Actions to take

- Continue taking your diabetes pills and insulin as usual.
- Test your blood sugar and keep track of the results, as directed by your healthcare p
- Make sure that you have at least a 30-day supply of your diabetes medicines, includi
- Follow your healthcare provider's instructions if you are feeling ill as well as the sick diabetes.
- Call your healthcare provider if you have concerns about your condition or feel sick.
- **If you don't have a healthcare provider,** contact your nearest community health cer department.

Learn more about diabetes.

Hemoglobin disorders such as sickle cell disease and thalassem

Having sickle cell disease (SCD) increases your risk for severe illness from COVID-19. Ha disorders, like thalassemia, may increase your risk for severe illness from COVID-19.

Actions to take

- Ask your healthcare provider about telemedicine or remote healthcare visits, and kn emergency department.

- Work with your healthcare provider to manage medicines and therapies for your dis chelation therapy, blood transfusions, and prescriptions for pain management) and you may have (such as diabetes, high blood pressure, and arthritis).
- **If you don't have a healthcare provider,** contact your nearest community health cer department.
- Try to prevent vaso-occlusive episodes or pain crises by avoiding possible triggers.
- Review CDC's healthy living with SCD guide or our healthy living with thalassemia gu healthy.
- Find SCD resources and thalassemia resources to help navigate care and increase kr SCD and thalassemia.
- Let friends and family know about the need for healthy blood donors.

Immunocompromised state (weakened immune system) from b or organ transplant; HIV; use of corticosteroids; or use of other medicines

Many conditions and treatments can cause a person to be immunocompromised or ha system. These include: having a solid organ transplant, blood, or bone marrow transpla with a low CD4 cell count or not on HIV treatment; prolonged use of corticosteroids; or weakening medicines. Having a weakened immune system may increase your risk of se

Actions to take

- Continue any recommended medicines or treatments and follow the advice of your
- Do not stop taking your medicines without talking to your healthcare provider.
- Make sure that you have at least a 30-day supply of your medicines.
- Do not delay life-saving treatment or emergency care.
- Call your healthcare provider if you have concerns about your condition or feel sick.
- **If you don't have a healthcare provider,** contact your nearest community health cer department.

Information for people living with HIV.

Liver disease

Having chronic liver disease, especially cirrhosis (scarring of the liver), may increase you COVID-19.

Actions to take

- Take your medicines exactly as prescribed.
- Make sure that you have at least a 30-day supply of your medicines.
- Call your healthcare provider if you have concerns about your condition or feel sick.
- **If you don't have a healthcare provider,** contact your nearest community health ce department.

Learn more about chronic liver disease.

Pregnancy

Based on what we know at this time, **pregnant people might be at an increased risk fo COVID-19** compared to non-pregnant people. Additionally, there may be an increased r outcomes, such as preterm birth, among pregnant people with COVID-19.

Actions to take

- Do not skip your prenatal care appointments.
- Make sure that you have at least a 30-day supply of your medicines.
- Talk to your healthcare provider about how to stay healthy and take care of yourself pandemic.
- If you don't have a healthcare provider, contact your nearest community health cent
- Call your healthcare provider if you have any questions related to your health.
- Seek care immediately if you have a medical emergency.
- You may feel increased stress during this pandemic. Fear and anxiety can be overwh emotions. Learn about stress and coping.

Learn more about pregnancy and COVID-19.

Serious Heart Conditions and Other Cardiovascular and Cerebr

Having any of the following serious heart conditions increases your risk of severe illnes

- Heart failure
- Coronary artery disease
- Congenital heart disease
- Cardiomyopathies
- Pulmonary hypertension

Having other cardiovascular or cerebrovascular disease, such as hypertension (high blo increase your risk of severe illness from COVID-19.

Learn more about serious heart conditions

Actions to take

- Take your medicines exactly as prescribed and follow your healthcare provider's rec exercise while maintaining social distancing precautions.
- Continue angiotensin converting enzyme inhibitors (ACE-I) or angiotensin-II receptor by your healthcare provider for indications such as heart failure or high blood press
- Make sure that you have at least a 30-day supply of your heart disease medicines, in high blood pressure medicines.
- Call your healthcare provider if you have concerns about your condition or feel sick.
- **If you don't have a healthcare provider,** contact your nearest community health cer department.
- Do not delay life-saving treatment or emergency care.

Learn more about heart disease.

Learn more about stroke.

Learn more about high blood pressure.

Obesity

Having obesity, defined as a body mass index (BMI) of 30 or above, increases your risk c COVID-19.

Actions to take

- Take your medicines for any underlying health conditions exactly as prescribed.
- Follow your healthcare provider's recommendations for nutrition and physical activi distancing precautions.
- Call your healthcare provider if you have concerns or feel sick.
- **If you don't have a healthcare provider,** contact your nearest community health cei department.

Learn more about obesity in adults.

Learn about obesity in children.

Neurologic conditions such as dementia

Having neurologic conditions such as dementia may increase your risk of severe illness

Actions to take

- Take your medicines as prescribed.
- Make sure that you have at least a 30-day supply of your medicines.
- Call your healthcare provider if you have concerns about your condition or feel sick.
- **If you don't have a healthcare provider,** contact your nearest community health cei

department.

Learn more about dementia.

Learn about caring for people living with dementia during COVID-19.

Learn about amyotrophic lateral sclerosis (ALS).

Smoking

Being a current or former cigarette smoker may increase your risk of severe illness fror

Actions to take

- If you currently smoke, quit. If you used to smoke, don't start again. If you've never s
- Counseling from a healthcare provider and Food and Drug Administration (FDA)-app double the chances of quitting smoking.
- For help quitting smoking, call 1-800-QUIT-NOW or visit smokefree.gov .
- Call your healthcare provider if you have concerns or feel sick.
- **If you don't have a healthcare provider,** contact your nearest community health cer department.

Learn about smoking and tobacco use.

Learn about the health effects of cigarette smoking.

Children with Certain Underlying Conditions

While children have been less affected by COVID-19 compared to adults, children with c increased risk for severe illness. Children who are medically complex, who have serious metabolic disorders, and with congenital (since birth) heart disease may be at increased COVID-19. Similar to adults, children with obesity, diabetes, asthma and chronic lung di

may be at increased risk for severe illness from COVID-19. CDC is investigating a rare bu associated with COVID-19 in children called Multisystem Inflammatory Syndrome in Chi know what causes MIS-C and who is at increased risk for developing it. Learn about MIS

Actions to take

- Give medicines as prescribed for your child's underlying conditions.
- Make sure that you have at least a 30-day supply of your child's medicines.
- Call your child's healthcare provider if you have concerns and to discuss your child's for severe illness from COVID-19.
- Well-child visits and vaccines are still important during the COVID-19 pandemic. Stay healthcare provider and make sure your child is up to date with vaccines to prevent about how to protect yourself and your family during the COVID-19 pandemic.
- **If you don't have a healthcare provider,** contact your nearest community health cer department.

Learn about preventing illness in your children.

Learn more about congenital heart disease and specific genetic and neurologic disorc

People with Multiple Underlying Conditions

The more underlying medical conditions someone has, the greater their risk is for sever

Actions to take

- Continue your medicines and treatment plans as directed by your healthcare provid
- Make sure that you have at least a 30-day supply of your medicines.
- Call your healthcare provider if you have any concerns or feel sick.
- **If you don't have a healthcare provider,** contact your nearest community health cer department.
- Do not delay emergency care.

COVID-2019 Menu

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