

**REVIEWED**

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To

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## Coronavirus Disease 2019 (COVID-19)



### People at Increased Risk People at Increased Risk

And Other People Who Need to Take Extra Precautions

Updated Sept. 11, 2020

[Print](#)



## People at Increased Risk for Severe Illness

Some people are more likely than others to become severely ill

[Older Adults](#)

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[People with Medical Conditions](#)

## Other People Who Need Extra Precautions

Factors that mean you might need to take extra precautions against COVID-19

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Your Individual Situation

[Racial and Ethnic Minority Groups](#)

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[Pregnancy and Breastfeeding](#)

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[People with Disabilities](#)

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[Developmental and Behavioral Disorders](#)

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[Drug Use and Substance Use Disorder](#)

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Where You Live

[People Living in Rural Communities](#)

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[People Experiencing Homelessness](#)

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[Newly Resettled Refugee Populations](#)

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[Nursing Home and Longer-Term Care Facilities](#)

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[Group Homes for People with Disabilities](#)



## Resources for Limited-English-Proficient Populations

A communication toolkit with non-English COVID-19 resources



## Supporting Those Needing Extra Precautions

[Caring for People with Disabilities](#)

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[Caring for People with Developmental and Behavioral Disorders](#)

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[Caregivers of People Living with Dementia](#)

# Understanding Risk Factors

**COVID-19 ASSOCIATED HOSPITALIZATION RELATED TO UNDERLYING MEDICAL CONDITIONS**

**FACTORS THAT INCREASE COMMUNITY SPREAD AND INDIVIDUAL RISK**

- CROWDED SITUATIONS
- CLOSE PHYSICAL CONTACT
- ENCLOSED SPACE
- DURATION OF EXPOSURE

**RISK FOR HOSPITALIZATION IF YOU HAVE ANY OF THESE CONDITIONS AND GET COVID-19 COMPARED TO PEOPLE WITHOUT THE CONDITIONS.**

- Asthma: 1.5x
- Hypertension: 2x
- Obesity (BMI ≥ 30): 3x
- Diabetes: 3x
- Chronic Kidney Disease: 2x
- Heart Disease: 2.5x
- 8 Equivalent: 2.5x
- 2 or More Conditions: 5x

**ACTIONS TO REDUCE RISK OF COVID-19**

- WEARING A MASK
- SOCIAL DISTANCING (at all times)
- HAND HYGIENE
- CLEANING AND DISINFECTING SURFACES

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

COVID-19 Associated Hospitalization Related to Underlying Medical Conditions

**COVID-19 HOSPITALIZATION AND DEATH BY AGE**

**FACTORS THAT INCREASE COMMUNITY SPREAD AND INDIVIDUAL RISK**

- CROWDED SITUATIONS
- CLOSE PHYSICAL CONTACT
- ENCLOSED SPACE
- DURATION OF EXPOSURE

**HOSPITALIZATION\***

- 18-24 years: 4%
- 25-34 years: 5%
- 35-44 years: 6%
- 45-54 years: 7%
- 55-64 years: 8%
- 65-74 years: 10%
- 75-84 years: 13%
- 85+ years: 17%

**DEATH\***

- 18-24 years: 0%
- 25-34 years: 0%
- 35-44 years: 0%
- 45-54 years: 0%
- 55-64 years: 0%
- 65-74 years: 0%
- 75-84 years: 0.5%
- 85+ years: 2.5%

**ACTIONS TO REDUCE RISK OF COVID-19**

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- HAND HYGIENE
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COVID-19 Hospitalization and Death by Age

**COVID-19 CASES, HOSPITALIZATION, AND DEATH BY RACE/ETHNICITY**

**FACTORS THAT INCREASE COMMUNITY SPREAD AND INDIVIDUAL RISK**

- CROWDED SITUATIONS
- CLOSE PHYSICAL CONTACT
- ENCLOSED SPACE
- DURATION OF EXPOSURE

**CASES\***

- Black: 2.5x higher
- Hispanic: 2.5x higher
- White: 1x
- Asian: 1x

**HOSPITALIZATION\***

- Black: 3.5x higher
- Hispanic: 3.5x higher
- White: 1x
- Asian: 1x

**DEATH\***

- Black: 1.6x higher
- Hispanic: 1.6x higher
- White: 1x
- Asian: 1x

**ACTIONS TO REDUCE RISK OF COVID-19**

- WEARING A MASK
- SOCIAL DISTANCING (at all times)
- HAND HYGIENE
- CLEANING AND DISINFECTING SURFACES

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COVID-19 Cases, Hospitalization, and Death by Race/Ethnicity

## Digital Resources



COVID-19: Are You at Higher Risk for Severe Illness?



## ASL Video Series: COVID-19: Are You at Higher Risk for Severe Illness?

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

**Are You at Higher Risk for Severe Illness?**



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

**Here's What You Can do to Help Protect Yourself**



Stay home if possible.



Wash your hands often.

## What You Can do if You Are at a Higher Risk (PDF)



## Protect Your Health This Flu Season

Getting a flu vaccine during 2020-2021 is more important than ever because of the ongoing vaccination is especially important for people who are at high risk from flu; many of whom have COVID-19 or serious outcomes.

[People at High Risk For Flu Complications](#)

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## More Information

[Prevent Getting Sick](#)

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[How to Protect Yourself and Others](#)

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[Symptoms and Testing](#)

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[If You Are Sick](#)

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[Visiting friends and family with higher risk for severe illness](#)