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Topic:

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Any

Content Type:

Any

COVID-19

CASES ARE RISING. ACT NOW!



WEAR A MASK STAY 6 FEET APART AVOID CROWD

People with Certain Medical Conditions

Updated Dec. 29, 2020



Summary of Recent Changes

Revisions were made on December 23, 2020 to reflect recent data supporting increased persons with Down syndrome from the virus that causes COVID-19. Revisions also include disease and chronic kidney disease to the conditions that might increase the risk of sev

We are learning more about COVID-19 every day. The below list of underlying medical and only includes conditions with sufficient evidence to draw conclusions; it is a living document updated at any time, subject to potentially rapid change as the science evolves. This list is intended to help them provide the best care possible for patients, and to inform individuals about how to make individual decisions about illness prevention. Notably, the list may not include every condition that may increase one's risk for developing severe illness from COVID-19, such as those for which there is limited evidence (e.g., rare conditions). Individuals with any underlying medical condition (including those not on the current list) should consult with their healthcare providers about personal risk factors and how to determine whether extra precautions are warranted.

Adults of any age with certain underlying medical conditions are at increased risk for severe illness from COVID-19. Severe illness from COVID-19 is defined as hospitalization, admission to intensive care, mechanical ventilation, or death.

Adults of any age with the following conditions are at increased risk of severe illness from COVID-19:

Cancer

Chronic kidney disease

COPD (chronic obstructive pulmonary disease)

Down Syndrome

Heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies

Immunocompromised state (weakened immune system) from solid organ transplant

Obesity (body mass index [BMI] of 30 kg/m² or higher but < 40 kg/m²)

Severe Obesity (BMI ≥ 40 kg/m²)

Pregnancy

Sickle cell disease

Smoking

Type 2 diabetes mellitus

COVID-19 is a new disease. Currently there are limited data and information about the impact of underlying medical conditions on the risk for severe illness from COVID-19. Based on what we know, individuals with the following conditions might be at an increased risk for severe illness from the virus.

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 marrow deficiencies, HIV, use of corticosteroids, or use of other immune weakening medicine

Neurologic conditions, such as dementia

Liver disease

Overweight (BMI > 25 kg/m², but < 30 kg/m²)

Pulmonary fibrosis (having damaged or scarred lung tissues)

Thalassemia (a type of blood disorder)

Type 1 diabetes mellitus

Want to see the evidence behind these lists?

While [children](#) have been less affected by COVID-19 compared to adults, children can be affected by COVID-19 and some children develop severe illness. Children with underlying medical conditions are at increased risk for severe illness compared to children without underlying medical conditions. The following underlying medical conditions in children are associated with increased risk of severe illness: obesity, medical comorbidities, severe neurologic disorders, inherited metabolic disorders, sickle cell disease, heart disease, diabetes, chronic kidney disease, asthma and other chronic lung disease due to malignancy or immune-weakening medications.

We do not yet know who is at increased risk for developing the rare but serious complication of COVID-19 in children called Multisystem Inflammatory Syndrome in Children (MIS-C), now called MIS-C. Learn about [MIS-C](#).


Reduce your risk of getting COVID-19

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

The best way to protect yourself and to help reduce the spread of the virus that causes COVID-19 is to take extra precautions.

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 healthcare provider. If you don't have a healthcare provider, contact your nearest [community health center](#) 

What to consider before being around other people

There is no way to ensure you have zero risk of infection, so it is important to understand how to make your interactions as safe as possible if or when you do [resume some activities](#), [run errands](#), or attend [events](#).

People at increased risk of severe illness from COVID-19, and those who live with them, should take extra precautions before [deciding to go out](#) and ensure they are taking steps to [protect themselves](#). Considering taking protective measures may be difficult, such as activities where [social distancing](#) can't be practiced. People who should take steps to prevent getting and spreading COVID-19 to protect themselves, their loved ones, and others who are at increased risk of severe illness.

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

If you decide to engage in public activities, continue to protect yourself by [practicing](#) social distancing.

Keep these items on hand and use them when venturing out: a mask, tissues, and hand sanitizer or alcohol hand rub, if possible.

If possible, avoid others who are not wearing [masks](#) or ask others around you to wear a mask.

Are you considering in-person visits with family and friends? Here are some things to consider to help make [personal activities](#) as safe as 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 been diagnosed with 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 at least 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

Limit the number of people you interact with and ensure you keep safe distances (at possible and if not in the same household.

Visit with your friends and family **outdoors**, when possible. If this is not feasible, make 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 masks or ask others around you to we

Consider keeping a list of people you visited or who visited you and when the visit oc [contact tracing](#) if someone becomes sick.

Limit the time you have close contact with visitors to less than 15-20 minutes as muc

Wear masks

Masks prevent people from getting and spreading the virus, especially those who may no

[Masks](#) should be worn over the nose and mouth. Masks are especially important to l is difficult to stay at least 6 feet apart from others or when people are indoors.

Masks prevent people from getting and spreading the virus.

CDC recognizes that wearing masks may not be possible in every situation or for son

Some older adults with cognitive, sensory, or behavioral issues might find wearing a [alternatives](#) should be considered whenever possible to increase the feasibility of we risk of spreading COVID-19 if it is not possible to wear one. These adults need to take interacting with others. Additionally, some people may rely on reading lips or facial e interactions. This can be difficult when others are wearing masks that cover large po

Who should NOT use masks: Children under age 2 or anyone who has trouble breat incapacitated or otherwise unable to remove the mask without assistance.

Wash hands often

Everyone should [wash their hands](#) with soap and water for at least 20 seconds at the and whenever you 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, tablecle 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. Here [personal and social activities](#).

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 older adults, to get recommended vaccinations against influenza and pneumococcal disease.

Talk with your healthcare provider about maintaining preventive services like [cancer screening](#) during the COVID-19 pandemic.

Remember the importance of staying [physically active](#) and practicing healthy habits.

Ask your healthcare provider about telemedicine or remote healthcare visits, and know the location of your [emergency department](#).

If you have a medical emergency, do not delay seeking emergency care.

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

Continue your medicines and do not change your treatment plan without talking to your healthcare provider. Have at least a 30-day supply of prescription and non-prescription medicines. [Talk to your doctor and pharmacist](#) about getting an extra supply (i.e., more than 30 days) of prescription medicines to reduce your trips to the pharmacy.

Do not delay getting emergency care for your underlying medical condition because COVID-19 departments have contingency infection prevention plans to protect you from getting COVID-19.

Call your healthcare provider if you have any concerns about your underlying medical condition and think that you may have COVID-19. If you need emergency help, call 911 right away.

If you don't have a healthcare provider, contact your nearest [community health center](#).



Protect Your Health This Flu Season

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

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

Actions you can take based on your medical other risk factors

Asthma (moderate-to-severe)

Having moderate-to-severe asthma might increase your risk for severe illness from COVID-19.

Actions to take

- Keep your asthma under control by following your [Asthma Action Plan](#).
- Continue your current medicines, including any inhalers with steroids in them ("steroids" or corticosteroids). Know [how to use your inhaler](#). Avoid your [asthma triggers](#).
- Make sure that you have at least a 30-day supply of your medicines.
 - Call your healthcare provider or care team if you have concerns about your condition. If you think you may have been exposed to COVID-19, have any new signs or symptoms, or have any questions.
- If you don't have a healthcare provider, contact your nearest [community health center](#) or [health department](#).
- 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 center](#) [↗](#) or [health department](#).
- Have another member of your household who doesn't have asthma clean and disinfect surfaces. When they use cleaning and disinfecting products, have them:
 - Make sure that people with asthma are not in the room.
 - Avoid using [disinfectants known to trigger asthma attacks](#).
 - Open windows or doors and use a fan that blows air outdoors.
 - Always follow the instructions on the product label.
 - To minimize cleaners from spreading in the air, spray or pour spray products or use a cloth or towel instead of spraying the product directly onto the cleaning surface (if the product label says to do so).

[Learn more about asthma.](#)

Cancer

Having cancer currently increases your risk of severe illness from COVID-19. At this time having a history of cancer increases your risk.

Actions to take:

- Have a conversation with your healthcare provider or care team to discuss your in on your condition, your treatment, and the level of transmission in your communi
- Do not stop taking your medicines or alter your treatment plan without talking to y
- 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 or care team if you have concerns about your condit you may have been exposed to COVID-19, have any new signs or symptoms of illn
- If you don't have a healthcare provider, contact your nearest [community health c department](#).
- [For more information on preventing infections for people with cancer.](#)

[Learn more about cancer.](#)

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 ha symptoms of illness. Also reach out to them if you can't get the medicines or foods
- If you don't have a healthcare provider, contact your nearest [community health c 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 symptoms.
Do NOT miss your treatments.

Plan to have enough food on hand to follow the [KCER 3-Day Emergency Diet](#) in 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 diseases

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

Actions to take

- Keep taking your current medicines, including those with steroids in them (“steroid” or “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 or care team if you have concerns about your condition, you may have been exposed to COVID-19, have any new signs or symptoms of illness, or you need help with your medicines.
- If you don’t have a healthcare provider, contact your nearest [community health center](#) or [health 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 might increase your risk of severe illness from CO

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

Make sure that you have at least a 30-day supply of your diabetes medicines, inclu

Follow your healthcare provider's instructions if you are feeling ill as well as the [sick people with 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 center](#) or [health department](#).

[Learn more about diabetes.](#)

Down syndrome

Having Down syndrome increases your risk of severe illness from COVID-19.

Actions to take

- Have a conversation with your healthcare provider or care team to discuss your in on your condition, medical history, your treatment, and the level of transmission in
- Do not stop taking your medicines or alter your treatment plan without talking to y
- 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 or care team if you have concerns about your condit you may have been exposed to COVID-19, have any new signs or symptoms of illn
- If you don't have a healthcare provider, contact your nearest [community health center](#) or [health department](#).

[Learn more about Down syndrome.](#)

[Learn more about data on Down syndrome.](#)

Heart Conditions and Other Cardiovascular and Cerebrovascula

Having any of the following heart conditions increases your risk of severe illness from C

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

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

Actions to take

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

[Learn more about serious heart conditions.](#)

[Learn more about heart disease.](#)

[Learn more about stroke.](#)

[Learn more about high blood pressure.](#)

Hemoglobin disorders such as sickle cell disease and thalassemia

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

Actions to take

- Work with your healthcare provider to manage [medicines and therapies](#) for your condition, such as hydroxyurea, chelation therapy, blood transfusions, and prescriptions for pain management. Also manage any other health condition you may have (such as diabetes, high blood pressure, and arthritis).
- Call your healthcare provider or care team if you have concerns about your condition or if you may have been exposed to COVID-19, have any new signs or symptoms of illness, or if you are pregnant.
- **If you don't have a healthcare provider**, contact your nearest [community health center](#) or [local health 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 guide](#) to help you stay healthy.
- Find [SCD resources](#) and [thalassemia resources](#) to help navigate care and increase your knowledge of SCD and thalassemia.
- Let friends and family know about the need for [healthy blood donors](#).

• [Learn more about blood disorders.](#)

Immunocompromised state (weakened immune system) from kidney disease, cancer, or organ transplant; HIV; use of corticosteroids; or use of other medicines

Many conditions and treatments can cause a person to be immunocompromised or have a weakened immune system. These include: having a solid organ transplant, blood, or bone marrow transplant; having HIV with a low CD4 cell count or not on HIV treatment; prolonged use of corticosteroids; or use of other medicines that weaken the immune system. Having a weakened immune system might increase your risk of severe illness from COVID-19.

Actions to take

Continue any recommended medicines or treatments and follow the advice of your healthcare provider.

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 center](#) or [local health department](#).

[Information for people living with HIV.](#)

Liver disease

Having chronic liver disease, such as alcohol-related liver disease, nonalcoholic fatty liver disease, or cirrhosis (scarring of the liver), might increase your risk for severe illness from 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 center](#) or [local health department](#).

[Learn more about chronic liver disease.](#)

Neurologic conditions such as dementia

Having neurologic conditions such as dementia might increase your risk of severe illness from COVID-19.

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 center](#) or [health department](#).

[Learn more about dementia.](#)

[Learn about caring for people living with dementia during COVID-19.](#)

[Learn about amyotrophic lateral sclerosis \(ALS\).](#)

Overweight, Obesity and Severe Obesity

Having obesity, defined as a [body mass index](#) (BMI) between 30 kg/m² and <40 kg/m² or above), increases your risk of severe illness from COVID-19. Having overweight but less than 30 kg/m² might increase your risk of severe illness from COVID-19.

Actions to take

- Take your prescription medicines for overweight, obesity or severe obesity exactly as directed.
- Make sure that you have at least a 30-day supply of your medicines.
- Follow your healthcare provider's recommendations for [nutrition and physical activity](#) and [social 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 center](#) or [health department](#).

[Learn more about obesity in adults.](#)

[Learn about obesity in children.](#)

[Tips to help children maintain a healthy weight.](#)

[Learn more about prescription medications to treat obesity.](#)

Pregnancy

Based on what we know at this time, **pregnant people are at increased risk for severe** compared to non-pregnant people. Additionally, there might be an increased risk of ad 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 yours pandemic.
- **If you don't have a healthcare provider**, contact your nearest [community health c department](#).
- Call your healthcare provider or care team if you have concerns about your condit you may have been exposed to COVID-19, have any new signs or symptoms of illn
- Seek care immediately if you have a medical emergency.
- You may feel increased stress during this pandemic. Fear and anxiety can be overv emotions. Learn about [stress and coping](#).

[Learn more about pregnancy and COVID-19.](#)


Smoking

Being a current or former cigarette smoker increases your risk of severe illness from CC

Actions to take

- If you currently smoke, quit. If you used to smoke, don't start again. If you've never
- [Counseling from a healthcare provider and Food and Drug Administration \(FDA\)-a](#)

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 center](#) department.

[Learn about smoking and tobacco use.](#)

[Learn about the health effects of cigarette smoking.](#)

Children with Certain Underlying Conditions

As noted above, children can be infected with the virus that causes COVID-19 and some illness. Children with underlying medical conditions are at increased risk for severe illness without underlying medical conditions.

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 risk for severe illness from COVID-19.
- Well-child visits and vaccines are still important during the COVID-19 pandemic. Stay in touch with your child's healthcare provider and make sure your child is up to date with vaccines to prevent other illnesses. Learn more 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 center](#) department.

[Learn about preventing illness in your children.](#)

[Learn more about congenital heart disease and specific genetic and neurologic disorders.](#)

People with Multiple Underlying Conditions

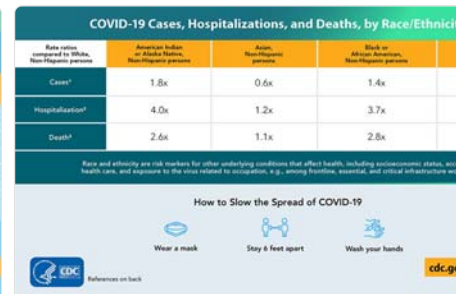
The more underlying medical conditions someone has, the greater their risk is for severe

Actions to take

- Continue your medicines and treatment plans as directed by your healthcare provider.
- 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 center](#) or [health department](#).
- Do not delay emergency care.



COVID-19 Hospitalization and Death by Age



COVID-19 Hospitalization and Death by Race/Ethnicity