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

CLINIC

Visit your **healthcare provider** and prepare your **medical records**.

12 WEEKS

Receive **12-week supply** of medications.

During travel

Wear a **mask.**

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

2 Meters

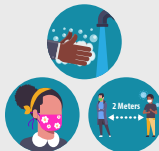Avoid close contact (2 meters/ 6 feet) with people who don't live with you.

After arrival

For 14 days after you arrive in the US, stay home as much as possible.

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

2 Meters

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.

911

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