Managing Your Health

REDUCE YOUR RISK OF BECOMING VERY ILL FROM COVID-19

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Are you at risk?

Everyone is at risk for getting COVID-19 if they come into contact with the virus. Some people are more likely than others to get very sick. As you get older, your risk for severe illness from COVID-19 increases.

If you have an underlying medical condition, you may be at higher risk for getting very sick from COVID-19. These conditions include:

- Asthma
- Cancer
- Chronic kidney disease
- COPD (chronic obstructive pulmonary disease)
- Diabetes
- Weakened immune system
- Obesity
- Serious heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies

Steps to stay healthy

Do what you can now to protect and improve your health to prevent getting COVID-19 and stay as healthy as possible if you get the virus.

- Get vaccinated and a booster shot when eligible. The best way to keep yourself, your family and your friends safe is to get vaccinated.
- Know the COVID-19 community levels in your area. Learn more about when to wear a mask and other steps to take to protect your health when community levels are medium or high at CDC: COVID-19 by County (www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html).
- Do not miss scheduled clinic appointments. You may be able to have your medical visit on the phone or online. Keeping up with appointments now could prevent a visit to the emergency room later.
- Be active and eat a healthy diet. Include fruits and vegetables, lean protein, and whole grains in your meals. Limit sugary drinks.
- Check in on how you are doing emotionally. It is natural to feel stressed or anxious. Getting enough sleep, meditating, and moving your body can help. Consider talking to someone you trust about how you are feeling.
- Know your numbers. If you have a medical condition, be extra careful about monitoring your personal health numbers, such as blood sugar, blood pressure, or cholesterol.
- Do not skip a dose or change medications or treatment without first talking to a health care provider. Talk to a health care provider, insurer, or pharmacist about having an emergency supply of prescription medications on hand.
- Cut back on smoking or vaping. Smoking can make you more likely to have a heart attack or stroke. Visit Quit Partner (quitpartnermn.com) for free coaching to help you quit.
If you start to feel sick or test positive

- **Get tested right away** if you develop symptoms that could be COVID-19. This is especially important if you are at high risk of getting very sick.
- **Treatment for COVID-19 may be available.** Contact a health care provider right away if you test positive, even if your symptoms are mild. They can help determine which COVID-19 medication is best for you.

## Resources

For more information on COVID-19 and chronic disease, visit:

- **MDH: Managing Chronic Conditions during COVID-19** ([www.health.state.mn.us/people/conditions/index.html](www.health.state.mn.us/people/conditions/index.html))
- **MDH: Staying Active during the COVID-19 Pandemic** ([www.health.state.mn.us/communities/physicalactivity/covid19.html](www.health.state.mn.us/communities/physicalactivity/covid19.html))