

# Managing your health during 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.

People of any age with **certain underlying medical conditions** also have more risk for getting very sick from COVID-19. These conditions include:

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

## Steps to keep healthy

- **Visit your clinic for wellness checks.** Do not miss scheduled appointments and contact your clinic if you notice any changes to your health. Talk to a doctor or other health care provider to see if you can set up your medical visit on the phone or online. Keeping up with regular appointments now could prevent a visit to the emergency room later.
- **Be active and eat a healthy diet.** Do your best to eat healthy meals, like those rich in fruits and vegetables, lean protein, and whole grains.
- **Check in on how you are doing emotionally.** It is natural to feel stressed or anxious, but it is important to take care of both your body and mind. Find ways to stay physically active and reduce stress.
- **Know your numbers.** If you have a chronic 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 your medications or treatment without first talking to a health care provider.** Talk to your health care provider, insurer, and pharmacist about having an emergency supply of prescription medications on hand.
- **Get your flu vaccine.** The flu vaccine can help protect you from getting the flu. It is possible to get flu and COVID-19 at the same time, but we do not know yet how often that could happen. That is why it is important to take steps to prevent both diseases.
- **Cut back on smoking or vaping.** Smoking can make it more likely to have a heart attack or stroke, and can cause lung damage. Visit [Quit Partner \(https://quitpartnermn.com\)](https://quitpartnermn.com) for free phone or online coaching to help you quit.
- **Get tested for COVID-19 and wear a mask.** Visit [COVID-19 Testing \(https://www.health.state.mn.us/diseases/coronavirus/testsites/index.html\)](https://www.health.state.mn.us/diseases/coronavirus/testsites/index.html) for testing options.

## If you start to feel sick

- Stay home while you are ill.
- Contact your clinic if you have any symptoms.
- Continue to stay 6 feet away from others, wash or sanitize hands, and choose lower risk activities.

## Resources

- For more information on COVID-19 and chronic disease, please visit the Minnesota Department of Health (MDH) webpages below. [Managing Chronic Conditions during COVID-19:](https://www.health.state.mn.us/people/conditions/index.html)  
(<https://www.health.state.mn.us/people/conditions/index.html>)
- [Healthy Eating during the COVID-19 Pandemic:](https://www.health.state.mn.us/communities/healthyeating/covid19.html)  
(<https://www.health.state.mn.us/communities/healthyeating/covid19.html>)
- [Staying Active during the COVID-19 Pandemic:](https://www.health.state.mn.us/communities/physicalactivity/covid19.html)  
(<https://www.health.state.mn.us/communities/physicalactivity/covid19.html>)



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