

# 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 \(www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html\)](https://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 \(quitpartnermn.com\)](https://quitpartnermn.com) for free coaching to help you quit.
- **Get tested for COVID-19 when recommended.** Visit [COVID-19 Testing \(www.health.state.mn.us/diseases/coronavirus/testsites/index.html\)](https://www.health.state.mn.us/diseases/coronavirus/testsites/index.html) for testing options.

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## 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.

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## 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](http://www.health.state.mn.us/people/conditions/index.html))
- **CDC: People with Certain Medical Conditions** ([www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html](http://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html))
- **MDH: Healthy Eating during the COVID-19 Pandemic**  
([www.health.state.mn.us/communities/healthyeating/covid19.html](http://www.health.state.mn.us/communities/healthyeating/covid19.html))
- **MDH: Staying Active during the COVID-19 Pandemic**  
([www.health.state.mn.us/communities/physicalactivity/covid19.html](http://www.health.state.mn.us/communities/physicalactivity/covid19.html))



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