



Mayor Sylvester Turner



# What You Can Do if You are at Higher Risk of Severe Illness from COVID-19

## Are You at Higher Risk?

Based on what we know, those at high-risk for severe illness from COVID-19 are:

- People aged 65 years and older
- People who live in a nursing home or long-term care facility
- People of all ages with underlying medical conditions, including:
  - chronic lung disease
  - moderate to severe asthma
  - serious heart conditions
  - diabetes
  - chronic kidney disease undergoing dialysis
  - liver disease
  - severe obesity (body mass index [BMI] of 40 or higher)
  - immunocompromised conditions
  - weakened immune system

Many conditions can cause a person to have a weakened immune system, including:

- smoking
- cancer treatment
- bone marrow or organ transplantation
- sickle cell, lupus, psoriasis, and other immune disorders
- poorly controlled HIV or AIDS
- prolonged use of steroids
- prolonged use of immunosuppressant medications

## What Can You Do to Reduce Your Risk?



Stay home as much as possible.



When you go out, avoid close contact. Stay six feet away from others.



Wash your hands often.



Clean and disinfect frequently touched surfaces.



Wear a facial cloth or mask.

Mayor's Health Equity Response Task Force #HER

