

Who is at high risk of contracting COVID-19?

People at elevated risk of COVID-19 should be especially cautious about getting tested and maintaining social distance.

They include:



Seniors 60+ and people in nursing homes or special-care facilities

People with chronic illness, including:

- Heart disease
- Diabetes
- Severe obesity (body mass index over 40)
- Kidney disease
- Asthma and/or other chronic lung diseases
- Weakened immune system
(or receiving immunotherapy)

How to protect yourself if you are high-risk:

- Have food and medication delivered to your home
- Stock up on groceries, medication and household items
- Talk to your doctor and make sure all vaccinations are up to date
- Determine who can care for you
- Seek medical attention if you get sick

ABOUT

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SOURCES

CDC, WHO, Chicago Department of Public Health

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