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:

- 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

Sources

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