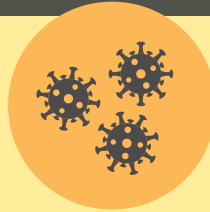




# COVID-19 & Chronic or Underlying Health Conditions

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**People with chronic or underlying health conditions are more likely to become very sick from COVID-19. If you have one or more of these conditions, be extra careful.**



- Moderate to severe asthma or chronic lung disease
- Heart disease
- Chronic kidney disease undergoing dialysis
- Diabetes
- Liver disease
- Autoimmune disease
- Weakened immune system because of smoking, bone marrow or organ transplantation, cancer treatment, poorly controlled HIV or AIDS, or prolonged use of corticosteroids and other immune weakening medications
- Severe obesity (BMI greater than 40)

**If you have fever, cough or shortness of breath, stay home and contact your health care provider. Don't go to work or school.**



**Get rest and stay hydrated.** If you are not sick enough to be hospitalized you can recover at home.

**Monitor your symptoms.** If your symptoms get worse, call your health care provider immediately.

**Seek medical attention immediately** if you develop any of the following:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

## Protection

**Wash your hands** often with soap and water for at least 20 seconds. If soap and water aren't available, use a hand sanitizer that contains at least 60% alcohol.



**Avoid touching your face** with unwashed hands.

**Clean objects or surfaces daily** that people touch a lot: door knobs, kitchen counters, key pads, etc.

**Cover your coughs and sneezes** with the inside of your elbow or use a tissue.

**Protect your family from getting sick.** Stay in a separate room from others and avoid sharing personal items. Learn more at the Centers for Disease Control and Prevention's Get Your Home Ready page (<https://tinyurl.com/v267uf3>).

### Practice Social Distancing:

- Stay home as much as possible.
- Stay away from people who are sick or those who have been sick in the past two weeks.
- Shop during off-hours when crowds at stores are smaller.
- Avoid crowds and gatherings of 10 or more people.
- Keep at least 6 feet between you and other people.
- Avoid touching "high-touch" public surfaces.
- Wear cloth face coverings in public places.

## Care

### Take care of your health:

- Make sure your vaccinations, including your flu shot, are up to date.
- Take your medications on time and as directed.
- Measure your blood pressure if you have hypertension.
- Test your blood sugar if you have diabetes.
- Use telemedicine/telehealth for medical visits if your insurance offers it.
- Make healthier choices every day: quit tobacco, be more physically active and eat healthy meals and snacks



**Stock up on 2-3 weeks** of non-perishable food, prescriptions and medical and health care supplies.

**Create a contact list** of family, friends, neighbors, health care providers, community assistance programs and drivers, and let them know you may need them for help if you become sick.

**Talk to your health care provider about special arrangements** if you depend on regular medical treatment like dialysis, wound care, etc.

**Stay up to date** with state and local guidance at FloridaHealthCOVID19.gov and CDC travel guidance at CDC.gov/coronavirus/2019-ncov/travelers.