

Am I at higher risk for severe illness?

Based on what we know now, 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, particularly if not well controlled, including:

- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who have a weakened immune system (immunocompromised). Many conditions can weaken the immune system including:
 - cancer treatment
 - smoking
 - bone marrow or organ transplantation
 - immune deficiencies
 - poorly controlled HIV or AIDS
 - prolonged use of corticosteroids and other medications that weaken the immune system
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

What can I do to protect myself?



Stay home if possible



Wash your hands often.



Avoid close contact (6 feet, which is about two arm lengths) with people who are sick.



Clean and disinfect frequently touched surfaces.



Cover your mouth and nose with a cloth face cover when around others.



Cover coughs and sneezes.

Call Michigan Medicine* at 734-763-6336 (24/7) for medical advice if you have a fever (temperature) of more than 100.4 and any of the following:

- cough
- shortness of breath

Call your primary care provider if you have a cough or new or worsening shortness of breath for 7 days or more.

*The Michigan Medicine COVID-19 hotline (734-763-6336) is available to established patients. If you are not a Michigan Medicine patient, please contact your primary care provider's office. If you don't have a primary care provider, contact your local health department. In Washtenaw County, that number is 734-544-6700.

Where can I learn more?

The following websites provide excellent instructions on COVID-19:

- CDC Coronavirus website at: <http://www.cdc.gov/coronavirus>
- State of Michigan Coronavirus website at: <http://www.michigan.gov/coronavirus>
- Red Cross plasma donations from recovered COVID-19 Patients at: <https://tinyurl.com/vyz3vwa>
- Michigan Medicine Patient Education Page at: <http://careguides.med.umich.edu/coronavirus>
- Michigan Medicine Coronavirus Updates page at: <https://www.uofmhealth.org/covid-19-update>

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Adapted from: CDC. What You Can do if You are at Higher Risk of Severe Illness from COVID-19. Access at: <https://www.cdc.gov/coronavirus/>

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Internal Medicine

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