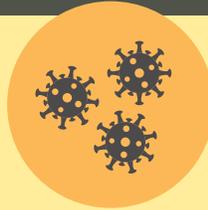




COVID-19 & Chronic or Underlying Health Conditions

Florida Department of Health • FloridaHealthCOVID19.gov

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](https://www.cdc.gov/coronavirus/2019-ncov/travelers).