

AM I AT AN INCREASED RISK FOR COVID-19?



As a person with diabetes, am I at an increased risk for developing a severe case of the COVID-19 disease?

Diabetes is a condition associated with increased risk of developing severe COVID-19 symptoms that may require hospitalization and critical care.¹ The risk of severe disease is increased — but it is only an increased risk, not a certainty. Most COVID-19 patients recover at home within 2 weeks.¹ Most patients with severe or critical disease recover in 3-6 weeks.¹

How can I protect myself against COVID-19?

The best defense is to try to avoid exposure.¹ Take time to remember throughout the day that health is a top priority. Take extra measures to put the recommended 6' (2 meters) physical distance between yourself and other people to further reduce your risk of being exposed to the virus.³



Stay home as much as possible.³ Evaluate whether reasons to leave the house are needs or wants. This also applies to members of your household in close contact with you.¹



Keep up your healthcare regimen to maintain the best control possible of cardiovascular disease, diabetes, hypertension and other illnesses. Check your supply of medication to limit the need to venture out for refills.⁴



Practice good handwashing techniques. Take a look at online videos and tutorials for techniques such as: wash your hands with soap for 20 seconds, and focus on washing the entirety of each hand including the palms, the backs of your hands, between each of your fingers and around your thumbs and wrists.⁵



Have a plan to contact your health care providers remotely. To reduce risk of exposure, many providers are now offering care in new ways: patient correspondence through e-health portals, telephone appointments, and video conference appointments. Call ahead to learn your options and make a plan.⁶



Consider ways of getting groceries, medication and supplies brought to your homethrough family, social, or commercial networks.³ Many stores and some pharmacies are now offering delivery.

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TRUST RELIABLE SOURCES: SOURCE DATA ON POPULATIONS WITH INCREASED RISK

WORLD HEALTH ORGANIZATION (WHO)

Following analysis of 55,000 COVID-19 cases in China, the World Health Organization (WHO) Joint Mission identified the high risk populations as people of older age and people with certain previously existing conditions.¹

Age-based risk¹:

- Disease in children appears to be relatively rare and mild
- Older people have increasing risk past age 60
- Greatest risk over age 80

Pre-existing conditions with increased risk¹:

- Cardiovascular disease
- Diabetes
- Hypertension
- Chronic respiratory disease cancer

US CENTER FOR DISEASE CONTROL (CDC)

According to the US Center for Disease Control, other conditions may also compromise the immune system and therefore place patients at increased risk.²

Conditions with potential for increased risk²:

- Severe obesity (body mass index BMI >40)
- Renal failure
- Liver disease
- Transplant patients: Bone marrow or organ
- Immune deficiencies
- Poorly controlled HIV or AIDS
- Prolonged use of corticosteroids and other immune weakening medications
- People who are pregnant should be monitored since they are known to be at risk with severe viral illness, however, to date data on COVID-19 has not shown increased risk

1. Report of the WHO China Joint Mission on Coronavirus Disease 2019 (COVID-19). February 16-24 2020.

2. CDC Coronavirus Disease 2019 (COVID-19). People who are at higher risk for severe illness. Access March 22, 2020. <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/people-at-higher-risk.html>

3. CDC Coronavirus Disease 2019 (COVID-19). People who need extra precautions: Take steps to prevent getting sick. Accessed April 3, 2020. <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/get-ready.html>

4. World Obesity Federation Webinar: People at the Centre: Obesity, COVID-19 and the Patient Perspective held on April 9, 2020 at 8am ET.

5. CDC handwashing videos. <https://www.cdc.gov/handwashing/videos.html>. Accessed online March 31, 2020.

6. CDC Coronavirus Disease 2019 (COVID-19). What to do if I get sick? <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html> Accessed online March 31, 2020

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As a person with obesity, am I at an increased risk for developing a severe case of the COVID-19 disease?

People with obesity may be at an increased risk for developing a severe case of COVID-19 disease.¹ Common conditions related to obesity are strongly associated with increased risk of severe COVID-19 including cardiovascular disease, diabetes, and hypertension.² There is increased risk of severe disease requiring hospitalization and critical care² — but it is only an increased risk, not a certainty. Most COVID-19 patients can recover at home within 2 weeks.² Most patients with severe or critical disease recover in 3-6 weeks.²

How can I protect myself against COVID-19?

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