Coronavirus 2019 (COVID-19): Guidance for Individuals with Chronic Health Conditions

Individuals with chronic or serious underlying medical conditions might be at higher risk for developing more serious complications from COVID-19. Based on current information, particularly vulnerable populations may include those with diabetes, chronic lung disease, moderate-to-severe asthma, severe heart disease, chronic liver disease, chronic kidney disease (undergoing dialysis), severe obesity, or a weakened immune system. This guidance provides step to take to reduce your risk of becoming infected with COVID-19.

The best way to prevent COVID-19 is to avoid being exposed to this virus. Here are some actions you can take now to reduce your risk of getting sick:

- Stay at home and avoid close contact with other people, if possible.

- Keep away from people who are sick.

- Wear a cloth face covering or facemask at all times if you need to go out in public.

- Keep space between yourself and others (stay 6 feet away, which is about two arm lengths).

- Clean your hands often with soap and water or hand sanitizer, especially before preparing or eating food, before and after using the toilet, and after blowing your nose, sneezing, or coughing.

- Clean and disinfect frequently touched surfaces, such as countertops, tables, doorknobs and door handles, light switches, phones, toilets, faucets, and sinks.

- Be extra careful about taking your medications exactly as prescribed.

- Keep a 90-day supply of medication for your chronic health condition, and a two to three week supply of fever reducing and other over the counter medications to treat cold and flu like symptoms on hand in case you do fall ill with COVID-19 and need to remain at home while sick.

- Prepare a document that summarizes your health conditions, medications, healthcare providers, and emergency contacts and keep it in a visible location, in case emergency care is needed.

- **Do not delay getting care** for your underlying condition because of COVID-19.

- Call your healthcare provider if you have concerns about your medical conditions or if you get sick and think that you may have COVID-19. If you need emergency help, call 911.

The recommendations will continue to be updated as we learn more about COVID-19.

Please visit https://coronavirus.dc.gov/ regularly for the most current information.