WHAT TO KNOW ABOUT CHRONIC DISEASE AND COVID-19

Anyone can get sick from COVID-19, but people 65+ and those with a chronic condition are more likely to become very sick or die.

You are at higher risk of severe illness if you have the following:

- Asthma, heart or lung disease
- Kidney or liver disease
- Diabetes
- Severe Obesity (body mass index [BMI] 40 or higher)
- Weakened immune system (including: poorly controlled HIV or AIDS, cancer treatment, smoking)

How to manage your Chronic Disease during COVID-19

- Take your prescribed medications on time and as directed by your healthcare provider (ask about obtaining an extra supply of medications in case you cannot get to the pharmacy or clinic)
- Take time to measure your blood pressure if you have hypertension or take your blood sugar if you have diabetes
- Use telemedicine/telehealth option instead of a regular medical visit **(If you need emergency help, call 911)**
- Make healthier choices to help improve your chronic disease (such as: quitting tobacco use, getting more physical activity, and eating nutritious meals and snacks)

How to protect yourself

Wash your hands with soap and water for 20 seconds

Practice Social distancing 6 feet or more between yourself and others

Clean and disinfect frequently touched surfaces

Avoid touching your eyes, nose, and mouth with unwashed hands

Stay home if possible and wear a face covering in public

For more information austintexas.gov/covid19

City of Austin

APH Austin Public Health
PREVENT. PROMOTE. PROTECT.

05/01/2020