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](http://austintexas.gov/covid19)