COVID-19 UNDERLYING CONDITIONS

WHAT ARE UNDERLYING HEALTH CONDITIONS?

- These are diseases or illnesses that may put a person more at risk for complications from COVID-19

- People of any age can have underlying health conditions

- People with COVID-19 and high blood pressure that was untreated or not managed were found to be *two times more at risk for death* compared to those with high blood pressure that was managed [1]

- People with underlying health conditions were found to be *six times more likely to be hospitalized* and *12 times more likely to die* compared to those who reported no underlying health conditions [2,3]

The most common underlying health conditions reported in the U.S. include:

❤	**Heart disease** (includes high blood pressure)
	Diabetes
	Lung disease (includes asthma and emphysema)
	Obesity

REFERENCES

1. Greb, E. (2020, June 15). *COVID-19: Hypertension Tied to Twofold Increase in Mortality.* Retrieved from https://www.medscape.com/viewarticle/932377

2. Franki, R. (2020, June 17). *Comorbidities Increase COVID-19 Deaths by Factor of 12.* Retrieved from https://www.medscape.com/viewarticle/932486?src=rss

3. Stokes, E.R, Zambrano, L.D. & Anderson, K.N., et al (2020, June 19). Coronavirus Disease 2019 Case Surveillance — United States, January 22–May 30, 2020. *Morbidity and Mortality Weekly Reports, 69*(24): 759–765. Retrieved from https://www.cdc.gov/mmwr/volumes/69/wr/pdfs/mm6924e2-H.pdf

If you have a health condition that is not managed or being treated, contact your health care provider or local Community Health Center.

ACTIONS YOU CAN TAKE TO STAY HEALTHY DURING COVID-19

- Work with your health care provider to manage medicines and treatment for your condition(s)

- Practice social distancing

- Wear a cloth or disposable mask in public

- Wash hands often

- Clean and disinfect commonly touched household items

- Stay home if possible; avoid unnecessary travel

- Monitor your health; call your health care provider if you develop symptoms of COVID-19