



# Chronic Disease and COVID-19 Health Messages and Resources



## What is COVID-19?

People who have chronic medical conditions like high blood pressure, obesity, heart or lung disease, diabetes or asthma, and older adults are at higher risk of becoming very ill and dying from COVID-19. COVID-19 is an illness caused by a virus. The most common symptoms are fever, coughing, and trouble breathing. Some people infected by the virus don't feel sick, but they can still spread the virus. The virus spreads between people who are close together (within 6 feet).

## Am I at higher risk for severe illness from COVID-19?

If you have one of these risk factors, you are at higher risk for severe illness from COVID-19 and should take extra care to protect yourself from COVID-19.

- Older than 65
- Obesity
- Asthma and lung disease
- Chronic kidney disease
- High blood pressure
- Heart disease
- Diabetes
- Are a smoker
- Experiencing a weakened immune system that cannot fight germs because of cancer treatment or a disease like the Human Immunodeficiency Virus.

## How can I protect my loved ones and myself?

- Keep up with your routine medical appointments.
- Make sure your blood pressure and diabetes are under control.
- Stay at least 6 feet apart from people who don't live with you.
- Wear a face covering when you are around people who don't live with you.
- Wash your hands often with soap and water for at least 20 seconds or use hand sanitizers that contain at least 60% alcohol.
- Stock up on healthy foods – fruits, vegetables, whole grains, and lean proteins.
- Continue taking your medications as prescribed.
- Get the flu shot!
- Clean objects or surfaces in your home that people touch frequently.
- Create a list of contacts to call on if needed, such as friends, relatives, coworkers, and neighbors.
- Keep a smoke and vape-free home to lower the risk of lung damage.
- Get free help to quit smoking or vaping by calling 1-800-NO-BUTTS, 1-800-45-NO-FUME, or 1-844-8-NO-VAPE.





## What are other reliable resources for the most up-to-date information?

### National and Global Resources

CDC COVID-19 Precautions: [English](#) | [Español](#)

National Alliance for Hispanic Health:  
[English](#) | [Español](#)

World Health Organization COVID-19 Advice:  
[English](#) | [Español](#)

### State Resources

CA COVID-19 Response: [English](#) | [Español](#)

CDPH COVID-19 Updates: [English](#) | [Español](#)

[CA COVID-19 Response Toolkit](#)

[CDPH COVID-19 Lo que necesitas saber](#)

### Diabetes

[American Diabetes Association How COVID-19 Impacts People with Diabetes](#)

[Diabetes Nutrition](#)

[Go Heart-Healthy tips](#)

CDC Take the Prediabetes Risk Test and health information: [English](#) | [Español](#)

### Heart Disease

American Heart Association (AHA) COVID-19 Precautions: [English](#) | [Español](#)

### Lifestyle and Nutrition

[Staying Active at Home Tips](#)

[Harvard University Nutrition](#)

[CDC Nutrition](#)

[AHA Healthy for Good™ Recipes](#)

[CA Surgeon General's Manage Stress for Health](#)

### Tobacco

[CA Tobacco Control Program \(CTCP\)](#)

Tobacco Free CA: [English](#) | [Español](#)

CA Smokers' Helpline: [English](#) | [Español](#)

Smokefree.gov: [English](#) | [Español](#)

