

What You Can do if You are at Increased Risk of Severe Illness from COVID-19



Based on what we know now, those at increased risk for severe illness from COVID-19 are:

- Older adults

People of any age with the following:

- Cancer
- Chronic kidney disease
- Chronic lung diseases, including COPD (chronic obstructive pulmonary disease), asthma (moderate-to-severe), interstitial lung disease, cystic fibrosis, and pulmonary hypertension
- Dementia or other neurological conditions
- Diabetes (type 1 or type 2)
- Down syndrome
- Heart conditions (such as heart failure, coronary artery disease, cardiomyopathies, or hypertension)
- HIV infection
- Immunocompromised state (weakened immune system)
- Liver disease
- Overweight and obesity
- Pregnancy
- Sickle cell disease or thalassemia
- Smoking, current or former
- Solid organ or blood stem cell transplant
- Stroke or cerebrovascular disease, which affects blood flow to the brain
- Substance use disorders



Call your healthcare provider if you are sick.
For more information on steps you can take to protect yourself, see CDC's [How to Protect Yourself](#).

cdc.gov/coronavirus

Help Protect Yourself and Others:



Before departure



Visit your healthcare provider and prepare your medical records.



Receive 12-week supply of medications.



Discuss COVID-19 vaccination options with your healthcare provider.



You will need a viral COVID-19 test no more than 3 days before travel or documentation of recovery* from COVID-19.

*Documentation of recovery includes proof of a positive viral test in the last 3 months and a letter from a healthcare provider or a public health official stating that you were cleared to travel.



During travel



Wear a mask that completely covers your nose and mouth and fits snugly against the sides of the face, even if you've been vaccinated.



Wash your hands often or use an alcohol-based hand sanitizer.



Avoid close contact (2 meters/ 6 feet) with people who don't live with you.



Notify IOM and airline staff if you feel sick during travel.



After arrival



Contact your resettlement agency case worker for specific requirements and recommendations in your area.



Watch for symptoms of COVID-19. Take your temperature if you feel sick.



Ask your healthcare provider or resettlement agency case worker about getting a COVID-19 vaccine if you haven't been vaccinated yet.



Continue to do steps listed in "during travel" until you are fully vaccinated against COVID-19 (2 weeks after your last dose).



If you get sick and think you might have COVID-19:



Stay home. Avoid contact with others as much as possible.



Contact your healthcare provider and resettlement agency case worker. If you need an interpreter to speak to your medical provider, your case worker can help you.



Call 911 and seek medical care immediately if you have emergency warning signs (including trouble breathing).