

Who Is At Higher Risk?

Early information out of China, where COVID-19 first started, shows that some people are at higher risk of getting very sick from this illness. This includes:

- Older adults
- People who have serious chronic medical conditions like:
 - Heart disease
 - Diabetes
 - Lung disease

If a COVID-19 outbreak happens in your community, it could last for a long time. (An outbreak is when a large number of people suddenly get sick.) Depending on how severe the outbreak is, public health officials may recommend community actions to reduce people's risk of being exposed to COVID-19. These actions can slow the spread and reduce the impact of disease.

If you are at higher risk for serious illness from COVID-19 because of your age or because you have a serious long-term health problem, it is extra important for you to take actions to reduce your risk of getting sick with the disease.

If you are at [higher risk](#) of getting very sick from COVID-19, you should:

- [Stock up on supplies.](#)
- Take [everyday precautions](#) to keep space between yourself and others.
- When you go out in public, keep away from others who are sick, limit close contact and wash your hands often.
- [Avoid crowds](#) as much as possible.
- Avoid [cruise travel](#) and non-essential air travel.
- During a COVID-19 outbreak in your community, [stay home](#) as much as possible to further reduce your risk of being exposed.