WHAT TO KNOW ABOUT CHRONIC DISEASE AND COVID-19

Anyone can get COVID-19, but risk increases with age. You are also at higher risk of severe illness if you have the following:

- Asthma or Lung Disease
- Heart Disease
- Kidney Disease
- Liver Disease
- Diabetes
- Severe Obesity
- Weakened Immune System

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

- Keep your appointments with your doctors, either in person or by telemedicine, and follow through on any lab or radiology tests that they recommend

- 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
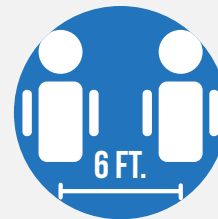
Practice Social distancing 6 feet or more between yourself and others

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