



Maryland Developmental
Disabilities Council
CREATING CHANGE · IMPROVING LIVES



Health conditions that put people at **HIGH RISK**

WHAT DOES HIGH RISK MEAN?

Being high risk means you have a higher chance than other people of getting very sick, going to the hospital, and even dying if you get COVID-19.



WHO IS A HIGH RISK FOR GETTING COVID-19?

Older adults are more likely to get very sick from COVID-19. **Older adults who have not had their COVID-19 shots** are more likely to be hospitalized or die from COVID-19.

People with these medical conditions are more likely to get very sick from COVID-19:

- Cancer
- Chronic Kidney Disease
- Chronic Liver Disease
- Chronic Lung Diseases
- Dementia or other neurological conditions
- Diabetes
- Down Syndrome
- Heart Conditions
- Mood Disorders
- Organ or Blood Stem Cell Transplant
- Overweight or Obese
- Pregnant
- Sickle Cell Disease
- Smokers – smoking now or in the past
- Stroke or cerebrovascular disease
- Substance Use Disorder (like alcohol, opioid, or cocaine)
- Tuberculosis
- Weakened Immune System

WHAT CAN I DO IF I AM NOT SURE I AM HIGH RISK?

Ask your doctor if you are not sure if you are high risk.



WHAT SHOULD I DO IF I AM HIGH RISK?

It is very important for everyone to get their COVID-19 shots. It is even more important that you get your shots if you are high risk. This includes getting the booster shot.

It is also very important that you contact your doctor right away if:

- You get COVID-19.
- You were around someone who has COVID-19.

Your doctor can tell you what to do to keep yourself as healthy and safe as possible.

This project was supported, in part by grant number CFDA 93.630, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.