STAYING SAFE
AM I AT AN INCREASED RISK FOR COVID-19?

As a person with obesity, am I at risk for severe COVID-19?

Obesity is a condition associated with increased risk of developing severe COVID-19 symptoms that may require hospitalization and critical care.\(^1\),\(^2\) Increasing risks are seen with higher BMI.\(^2\)

How can I protect myself against COVID-19 as everything reopens?

The best defense is to try to avoid exposure.\(^3\)

The CDC recommends that at-risk populations including patients with obesity continue to practice social distancing as shelter in place orders are lifted for the general public.\(^4\)

Stay home as much as possible\(^4\)
Evaluate whether reasons to leave the house are needs or wants. This also applies to members of your household in close contact with you.\(^4\)

Keep up your healthcare regimen\(^5\)
to maintain best control possible of cardiovascular disease, diabetes, and other illnesses. Uncontrolled diabetes (high Hba1c) is associated with higher risk for severe COVID-19.\(^2\)

Practice good handwashing techniques
Wash your hands\(^6\) often and watch videos online of good hand washing techniques.

Consider delivery options for groceries, medication and supplies\(^7\)
through family, social, or commercial networks. Many stores and some pharmacies are now offering delivery. Consider mail-order options if these services are unavailable in your area.

Contact your doctors for routine care or if you are sick\(^7\)
To reduce risk of exposure, many providers are now offering care in new ways: messages through e-health portals as well as telephone and video conference appointments. Many use robust safety protocols to protect you during in-person visits. Call ahead to learn your options.

Seek emergency care for life threatening symptoms\(^7\)
Even in these unprecedented times, symptoms of heart attacks and strokes require immediate care. Seek emergency care for difficulty breathing, chest pain, difficulty speaking, drooping arms or face, also for new confusion, bluish lips/face, or other emergency symptoms. Please tell the operator if you believe the symptoms are related to COVID-19.

Call 911
REFERENCES


5. World Obesity Federation Webinar: People at the Centre: Obesity,COVID-19 and the Patient Perspective held on April 9, 2020 at 8am ET.
