



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

- Asthma
- 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 have other serious health conditions or 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 booster shots, if you are eligible. 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.**



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