

People Who Are at Higher Risk for Severe Illness

1.8.2 in Post-COVID-19 Remobilization of the Membership Plan *Phase I: Resuming Regularly Scheduled Meetings*

The following recommendations are from the CDC. This document gives guidance to those who could be at higher risk for serious disease from a COVID-19 infection. If you do not fall into the high-risk category, then you may consider yourself low risk, but you must still take the standard precautions outlined by CAP and the CDC.

COVID-19 is a new disease and there is limited information regarding risk factors for severe disease. Based on currently available information and clinical expertise, **older adults and people of any age who have serious underlying medical conditions** might be at higher risk for severe illness from COVID-19.

Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- [People 65 years and older](#)
- People who live in a nursing home or long-term care facility

People of all ages with [underlying medical conditions, particularly if not well controlled](#), including:

- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised
 - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease