WHAT ARE UNDERLYING HEALTH CONDITIONS?

- These are diseases or illnesses that may put a person more at risk for complications from COVID-19

- People of any age can have underlying health conditions

- People with COVID-19 and high blood pressure that was untreated or not managed were found to be **two times more at risk for death** compared to those with high blood pressure that was managed

- People with underlying health conditions were found to be **six times more likely to be hospitalized** and **12 times more likely to die** compared to those who reported no underlying health conditions

The most common underlying health conditions reported in the U.S. include:

- Heart disease (includes high blood pressure)
- Diabetes
- Lung disease (includes asthma and emphysema)
- Obesity

REFERENCES


If you have a health condition that is not managed or being treated, contact your health care provider or local Community Health Center.

ACTIONS YOU CAN TAKE TO STAY HEALTHY DURING COVID-19

- Work with your health care provider to manage medicines and treatment for your condition(s)
- Practice social distancing
- Wear a cloth or disposable mask in public
- Wash hands often
- Clean and disinfect commonly touched household items
- Stay home if possible; avoid unnecessary travel
- Monitor your health; call your health care provider if you develop symptoms of COVID-19

For more information, visit covid19.nj.gov. Have questions? Call the COVID-19 hotline at 1-800-962-1253 or 2-1-1.