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

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

REFERENCES

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.