

## 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<sup>1</sup>
- 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<sup>2, 3</sup>

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

1. Greb, E. (2020, June 15). COVID-19: Hypertension Tied to Twofold Increase in Mortality. Retrieved from <https://www.medscape.com/viewarticle/932377>

2. Franki, R. (2020, June 17). Comorbidities Increase COVID-19 Deaths by Factor of 12. Retrieved from <https://www.medscape.com/viewarticle/932486?src=rss>

3. Stokes, E.R, Zambrano, L.D. & Anderson, K.N., et al (2020, June 19). Coronavirus Disease 2019 Case Surveillance – United States, January 22–May 30, 2020. *Morbidity and Mortality Weekly Reports*, 69(24): 759–765. Retrieved from <https://www.cdc.gov/mmwr/volumes/69/wr/pdfs/mm6924e2-H.pdf>

**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 face covering 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](#)

