

COVID-19: ARE YOU AT HIGH RISK FOR SEVERE ILLNESS?

Anybody can be infected by the novel coronavirus, which causes COVID-19. Some individuals have a higher risk of becoming seriously ill than others.



60% of Iowa Farmers are 65 years or older.

CHRONIC ILLNESS

People with these chronic conditions are likely to experience more severe COVID-19 illnesses if exposed:

- Lung disease
- Heart condition
- Diabetes
- Kidney disease (undergoing dialysis)
- Liver disease
- Severe obesity (BMI of 40 or more)

IMMUNOSUPPRESSIVE DISEASES

Individuals with immunosuppressive diseases such as **cancer**, and those taking immunosuppressive **medications** may develop serious illness.

AGE

People **65-years and older** may also develop serious complications if exposed. If you are older, hand washing, physical distancing, and limiting interactions with the public are critical to prevent transmission of the virus causing COVID-19 illness.

If you meet any of these risk factors, talk to your supervisor about appropriate ways to avoid exposure to COVID-19 at work. For more details, see CDC Guidance on extra precautions: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/groups-at-higher-risk.html>