SEVERE COVID-19:

Know your risk.
Know how to ACT fast.

COVID-19 treatments may be available to you if you have symptoms

> **Severe COVID-19** means that your symptoms get more serious, and may lead to hospitalization or even death.

Are you at high risk of progression to severe COVID-19?

You may be at high risk **if any** of the factors below describe you:*

- ☐ Age 60 or over
- ☐ Overweight or living with obesity (body mass index [BMI] over 25)
- ☐ Chronic kidney disease
- ☐ Diabetes
- ☐ Immunocompromised (weakened immune system from medication or a disease)
- ☐ Active cancer
- ☐ Cardiovascular conditions like hypertension (high blood pressure) and heart disease
- ☐ Lung disease, such as chronic obstructive pulmonary disease (COPD), asthma (moderate to severe), cystic fibrosis, and pulmonary hypertension
- ☐ Current smoker
- ☐ Sickle cell disease
- ☐ Neurodevelopmental disorders like cerebral palsy and Down syndrome

* Other factors may put you at high risk and are not limited to those listed above.

If you have any risk factors, speak to your healthcare provider about possible treatments for symptomatic COVID-19

Learn how to ACT fast to get access to treatment if you're at high risk of progressing to severe COVID-19 and think you have symptoms *(details on back)*

Be ready to ACT fast

When you have COVID-like symptoms, it's time to ACT fast.

Remember, COVID-19 moves fast, and so can you. If you have any of the listed risk factors, you are more likely than someone with no risk factors to have worsening symptoms that could lead to hospitalization, or even death.

(A) **Assess** yourself for COVID-19 symptoms

(C) **Confirm** through COVID-19 testing as soon as possible

(T) **Talk** to your healthcare provider to seek treatment

Step 1: Assess yourself for COVID-19 symptoms

Some of the more commonly reported symptoms to watch out for include:

Head
– Sore throat
– Runny nose
– Sneezing
– Headache
– New loss of smell or taste

Chest
– New or worsening cough
– Shortness of breath or difficulty breathing

Body
– Temperature 38°C or more
– Feeling feverish or chills
– Fatigue or weakness
– Muscle or body aches
– Abdominal pain, diarrhea, and vomiting
– Feeling very unwell

Use this list to help you recognize COVID-19 symptoms early

Step 2: Confirm through COVID-19 testing as soon as possible

If you develop **any** of the above symptoms, **even if mild**, test yourself or get tested right away—you may have COVID-19.

Step 3: Talk to your healthcare provider to seek treatment

A positive COVID-19 test means it's time to reach out to your healthcare provider as soon as possible to discuss and begin an appropriate treatment.

Remember to ACT fast to get access to treatment for COVID-19