

Immunocompromised: What Does it Mean for COVID-19

Source: <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

“Immunocompromised” refers to groups of people whose immune systems are generally **weaker than those of healthy adults**. Their bodies have a lesser capacity to fight off infection, making them **more prone to fall ill to infectious diseases such as COVID-19**.

Common immunocompromised groups include:

- Older adults (people over 65)
- People with chronic diseases, such as **heart disease, lung disease, or diabetes**

To reduce risk of COVID-infection, immunocompromised persons should do the following:

- A. If **no** positive cases of COVID-19 have been found in your community:
- a. **Wash hands** often (for 20 seconds); use hand sanitizer (60% alcohol) *when hand washing is not available*
 - b. Refrain from touching face, especially without washing hands first
 - c. Avoid travel, *especially through confined modes of transportation*
 - d. Avoid close contact with **sick people/crowds/public surfaces**
 - e. Regularly **disinfect** home/personal belongings
 - f. Prepare for possible infections by:
 - i. Developing a **strategy** to mitigate COVID-19 with your physician
 - ii. Developing a **strategy** to remotely procure food and personal supplies
 - iii. Stocking up on supplies to treat cough, shortness of breath, and fever
 - iv. Stocking up on food and personal supplies
- B. If **positive** cases of COVID-19 have been found in your community:
- a. Stay home as much as possible
 - b. Disinfect surfaces that may have been contaminated
 - c. Watch for symptoms of COVID-19, as listed below, and **report them to your physician** (listed below):
 - i. Cough
 - ii. Fever
 - iii. Shortness of breath
 - d. Watch for emergency symptoms of COVID-19, as listed below; if present, **seek medical attention immediately:**
 - i. Difficulty breathing/shortness of breath
 - ii. Pain/pressure in the chest
 - iii. Confusion/inability to arouse
 - iv. Bluish lips or face

For specific instructions on what to do if you contract COVID-19, see the following guide from the Center for Disease Control: <https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html>