

KNOW YOUR RISK FOR SEVERE ILLNESS FROM COVID-19



What You Need to Know About COVID-19

- Risk for severe illness increases with age, with older adults at highest risk.
- Certain medical conditions, including HIV and substance use disorders, can also increase risk for severe illness.

Severe Illness and Hospitalization Due to COVID-19

Severe COVID-19 illness means you may:

- Need medical care in a hospital
- Need a ventilator to help you breathe
- Be at increased risk of dying



Until You're Up to Date With Your COVID Vaccines:

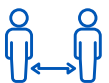
The best ways to protect yourself and to help reduce the spread of COVID-19 are to:



Get vaccinated as soon as you can.



Avoid crowds.



Stay 6 feet apart from people who don't live with you and who may not be vaccinated.



Wash your hands often.



Wear a mask when you're inside public places (even vaccinated people in areas of **substantial or high spread of COVID-19** should wear a mask inside public places to maximize protection from the highly contagious variants and prevent possibly spreading it to others).

You have three easy ways to find vaccines near you:



Go to [vaccines.gov](https://www.vaccines.gov)



Text your **ZIP code** to **438829**



Call **1-800-232-0233**

