



Fast facts about COVID-19

- 1 **COVID-19** (Coronavirus) is an infectious respiratory disease that is highly contagious. Unfortunately, people affected by obesity or excess weight may be at a higher risk than others for becoming extremely sick if they have contracted the virus. Underlying conditions associated with obesity (hypertension, diabetes, chronic lung disease, etc.) also increase the risk for a serious infection.
- 2 Because obesity is an independent high-risk factor for COVID-19 infection, hospitalization and the need for intensive care, it's important to be armed with the facts about:
 - How this disease could affect you
 - How it has affected so many others already
 - How to take proper precautions against contracting the virus

Impacts of COVID-19 on people with obesity



People with COVID-19 who had underlying health conditions—most commonly hypertension, obesity, cardiovascular disease, diabetes mellitus, and chronic lung disease—were **6 times as likely** to be hospitalized and **12 times as likely** to die from the disease as those without underlying health conditions.¹

Individuals below **age 60 with a Body Mass Index (BMI) of 30 or higher** were more likely to be admitted to acute and critical care than patients in the same age categories with a BMI below 30.¹

Individuals with chronic heart failure, kidney disease, and a **BMI of 40 or higher** are at a particularly higher-risk of being negatively impacted by COVID-19.¹

How to protect yourself and reduce the spread of COVID-19

If you have an underlying medical condition, you should continue to follow your treatment plan:³

- a. Continue your medicines.
- b. Have at least a **30-day supply** of your medicines on hand.
- c. Call your healthcare provider with any concerns you may have or if you are experiencing symptoms of COVID-19.

The best way to protect yourself and to help reduce the spread of the virus that causes COVID-19 is to:³

- a. Wear a KN95 or N95 mask in public.
- b. Discuss the COVID-19 vaccination with your healthcare team.
- c. Encourage social distancing.
- d. Wash your hands.
- e. If you have had close contact with someone who has come in contact with COVID-19 or has COVID-19, stay home and monitor for symptoms.



SOURCES

1. Obesity Advocacy Network - The Members of the Committee on Framework for Equitable Allocation of Vaccine for the Novel Coronavirus National Academies of Science, Engineering and Medicine.
2. Centers for Disease Control and Prevention (CDC). <https://www.cdc.gov/obesity/data/obesity-and-covid-19.html>
3. Centers for Disease Control and Prevention (CDC). <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html>

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