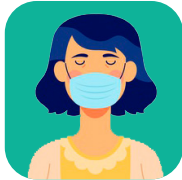


ARE YOU AT HIGHER RISK FOR SEVERE ILLNESS FROM COVID-19?

Based on what we know, those at higher risk from COVID-19 are:



People who are immunocompromised*



People with diabetes



People with serious heart conditions



People with liver disease or chronic kidney disease



People with chronic lung disease or asthma



People living in a nursing home or long-term care facility



People with severe obesity



People over age 65

*Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune-weakening medications.

Here's what you can do to protect yourself and your family:

- Stay home if possible
- Wash your hands often
- Avoid close contact with sick people
- Clean and disinfect frequently-touched surfaces
- Avoid all cruise travel and non-essential air travel

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Call your healthcare professional if you are sick. For more information on steps you can take to protect yourself, see CDC's How to Protect Yourself. Provided courtesy of the JP Griffin Group, Trusted Benefit Advisors. Copyright 2020. All rights reserved.