AM I AT RISK FOR SEVERE COVID-19?

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Scan to learn more about risk factors for severe COVID-19 and what to do if you have symptoms, or visit **cveep.org/treatments.**

IF YOU HAVE COVID-19 SYMPTOMS

Contact a healthcare provider as soon as you can to determine the best way to discuss treatment options. Whether your visit is in-person, on the phone or through telemedicine, use the checklist to make sure your provider has your most up-to-date health information to find the treatment option that is right for you.

Prepare for your or your loved one's next visit to a healthcare provider to ask about the risk for severe COVID-19. It is important to know if you have one or more risk factors for severe COVID-19 and to be prepared to start treatment within days of getting COVID-19.

CHECKLIST TO DISCUSS YOUR COVID-19 RISK

It is important to have a proactive plan in place for COVID-19 treatment in case you develop symptoms. Use the checklist below to develop a plan with your healthcare provider during your next exam. You can discuss your plan for COVID-19 before you get sick.

☐ **Discuss Your Current Health Conditions and Social Situation:** It is important to discuss any healthcare challenges you may be currently facing, as well as your health history with your healthcare provider.

☐ **Take a List of Medicines You Are Taking:** Bring a list of all medicines that you are currently taking, including vitamins or other over the counter drugs. This will help give your provider full insight into your treatment plans and what they can prescribe to you if you become infected with COVID-19.

☐ **Make Sure You Are Up-to-Date on Your Vaccines.** Being up-to-date on your vaccines reduces your risk of developing severe COVID-19 if you become infected.

☐ **Assess Your Risk of Severe COVID-19:** Ask your healthcare provider if your age, health conditions or other factors elevate your risk of severe COVID-19. Many people who are at high risk of developing severe COVID-19 don't know their risk and simply being older or a member of a vulnerable community can elevate your risk.

☐ **Explore COVID-19 Treatment Options:** Ask your healthcare provider if there is an appropriate treatment option for you. Safe and effective treatment options are available to fight COVID-19, including antivirals—pills and IV treatments that can help prevent more serious impacts of COVID-19, such as hospitalization or death. Your healthcare provider can determine which treatment is best for you.

☐ **Ask Questions:** Ask your healthcare provider if you have any questions or concerns about taking a COVID-19 treatment.

☐ **Be Prepared with Notes & Emergency Information:** Store your notes from your visit in a safe place so you'll be able to access them if you have COVID-19 symptoms. Also post emergency contact information in a place where you can contact your healthcare provider and pharmacist if necessary.

IMPORTANT INFORMATION

My primary care provider

NAME   PHONE   ADDRESS

My pharmacist

NAME   PHONE   ADDRESS

Other healthcare providers

NAME   PHONE   ADDRESS

NAME   PHONE   ADDRESS

My medications

MEDICATION   DOSAGE   MEDICATION   DOSAGE

MEDICATION   DOSAGE   MEDICATION   DOSAGE

Current health conditions

COVID-19 treatment plan   **Last COVID-19
                                                                      vaccine received**

                                                                      DATE

My emergency contacts

NAME   PHONE   NAME   PHONE

Other notes from my healthcare provider

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