

Individuals with High-Risk Factors for COVID-19 are Encouraged to Plan Ahead

PALM BEACH GARDENS, FLORIDA, USA, March 21, 2023 /EINPresswire.com/ -- The Centers for Disease Control and Prevention (CDC) encourages people who know they are at high risk for severe illness from COVID-19 to be ready with a plan. Mapping out a plan with your healthcare provider and quickly acting if you test positive is key.

"Examples of risk factors include having asthma or diabetes, being overweight, or experiencing mental health disorders such as depression," says Andrea Stephenson, CEO of the Health Council of Southeast Florida.

According to the CDC, having more than one risk factor puts you at high risk of severe illness from COVID-19. For example, individuals over 50 with chronic kidney, heart, or lung disease are at severe risk. Pregnant or recently pregnant women who are physically inactive may be at greater risk. Individuals with cancer, an HIV infection, or dementia who smoke or have a substance use disorder have an increased risk. An updated list of risk factors can be found on the [CDC website: https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-care/underlyingconditions.html](https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-care/underlyingconditions.html).

“

The more people who know their risk factors and make a plan if they do test positive for COVID-19, the better.”

Andrea Stephenson, CEO

The website, [knowplango.com](https://www.knowplango.com), references the CDC's data. The website also offers short videos that help explain the importance of developing a plan with your healthcare team in advance so that you and your family members can quickly act if you test positive for COVID-19.

"The more people who know their risk factors and make a plan if they do test positive for COVID-19, the better," says Stephenson, who recommends staying in close contact with your family doctor and connecting with your Local Health Council to stay informed and make the best

A graphic with a light blue background. The text "STAY HEALTHY, SUNSHINE" is written in large, bold, sans-serif letters. "STAY" is green, "HEALTHY," is teal, and "SUNSHINE" is blue. A yellow sun icon is positioned between "HEALTHY," and "SUNSHINE". Below this, the text "COVID VACCINE. YOUR BRIGHTEST BET." is written in a smaller, bold, sans-serif font, enclosed in a yellow rounded rectangle. "COVID VACCINE." is green and "YOUR BRIGHTEST BET." is teal.

decisions for your health.

Visit stayhealthysunshine.org for a reliable source of updated information and facts, a vaccination-finder link, a list of Florida's 11 Local Health Councils, and connections to assistance for COVID-related needs.

Catch the rays on Instagram and Facebook:

Instagram: @stayhealthysunshine

Facebook: stayhealthysunshine

#StayHealthySunshine #YourBrightestBet

Andrea Stephenson

Health Council of Southeast Florida

+1 561-844-4220

[email us here](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/623488898>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2023 Newsmatics Inc. All Right Reserved.