



's 3-Step COVID-19 Action Plan

If you become sick, the last thing you'll want to do is put together your Action Plan. So fill out this form in advance and keep it in a safe place. That way you can put your plan into action and find out about treatment options. Here's what you should do¹:

Step 1:

I will know my risk status

If I have even 1 risk factor, I could be at high risk for severe COVID-19. I will keep track of risk factors that I may be living with to discuss with my doctor^{2,3}:

For a full list of high risk factors, please visit
<local link>

- ☒ Age [65] years or older
- ☒ BMI ≥25
- ☐ Cancer or history of cancer
- ☒ Chronic kidney disease
- ☒ Chronic liver disease
- ☒ Chronic lung disease
- ☐ Current or former smoker
- ☐ Cystic fibrosis
- ☐ Diabetes (type 1 or 2)
- ☐ Disabilities
- ☐ Heart conditions
- ☐ HIV infection
- ☐ Mental health conditions
- ☐ Neurological conditions
- ☐ Physical inactivity
- ☐ Pregnancy
- ☐ Sickle cell disease or thalassaemia
- ☐ Solid organ or blood stem cell transplant
- ☐ Stroke or cerebrovascular disease
- ☐ Substance use disorders
- ☐ Tuberculosis
- ☐ Weakened immune system
- ☐ I am not sureThey are not sure
- ☐ I don't live with any of these factorsThey don't live with any of these factors

Step 2:

I will get tested

I will get tested as soon as I feel symptoms or within 5 days of a known COVID-19 exposure.⁴ I can find a testing location near me or purchase an at-home test by visiting <local link>. I'll get tested here:



Step 3:

I will talk to my doctor

If I'm at high risk for severe COVID-19 and test positive, I may be eligible for treatment options. I will talk to my doctor about my risk factors and current medications to see if treatment may be right for me.¹

I can contact my doctor at:



I am taking the following medications:



I have these questions for my doctor:

Now that I've completed my COVID-19 Action Plan, if I test positive I know what to do to find out if treatment may be right for me¹

References: 1. COVID-19 treatments and medications. Centers for Disease Control and Prevention. Updated October 19, 2022. Accessed October 31, 2022. <https://www.cdc.gov/coronavirus/2019-ncov/your-health/treatments-for-severe-illness.html> 2. Guan W-J, Liang W-H, Shi Y, et al. Chronic respiratory diseases and the outcomes of COVID-19: A nationwide retrospective cohort study of 39,420 cases. J Allergy Clin Immunol Pract. 2021;9(7):2645-2655.e14. 3. People with certain medical conditions. Centers for Disease Control and Prevention. Updated October 19, 2022. Accessed October 31, 2022. <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html> 4. COVID-19 testing: What you need to know. Centers for Disease Control and Prevention. Updated September 28, 2022. Accessed October 31, 2022. <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html>