



PATIENTS IDENTIFIED TO BE AT HIGHER RISK FOR THE CORONAVIRUS

While all are at risk for contracting the coronavirus, there are some groups, especially racial and ethnic minorities, who are found to be at a higher risk. These individuals have chronic conditions that make them more susceptible to the coronavirus.

Chronic Conditions:

Most older people have at least one chronic condition and many have multiple conditions. Some of the most frequently occurring conditions among older non-Hispanic Blacks in 2011-2013 were:

- Hypertension (85% in 2009-2012)
- Diagnosed arthritis (51%),
- All types of heart disease (27%),
- Diagnosed diabetes (39% in 2009-2012), and
- Cancer (17%).

Source: 2015 National Healthcare Quality and Disparities Report chart book on health care for Blacks. Rockville, MD: Agency for Healthcare Research and Quality; February 2016. AHRQ Pub. No. 16-0015-1-EF.

Who is at highest risk for getting very sick from COVID-19?

<https://www.health.harvard.edu/diseases-and-conditions/coronavirus-resource-center>

Older people, especially those with underlying medical problems like chronic bronchitis, emphysema, heart failure, or diabetes, are more likely to develop serious illness.

In addition, several underlying medical conditions may increase the risk of serious COVID-19 for individuals of any age. These include:

- blood disorders, such as sickle cell disease, or taking blood thinners
- chronic kidney disease
- chronic liver disease, including cirrhosis and chronic hepatitis
- any condition or treatment that weakens the immune response (cancer, cancer treatment, organ or bone marrow transplant, immunosuppressant medications, HIV or AIDS)
- current or recent pregnancy in the last two weeks
- diabetes
- inherited metabolic disorders and mitochondrial disorders
- heart disease, including coronary artery disease, congenital heart disease, and heart failure
- lung disease, including asthma, COPD (chronic bronchitis or emphysema)
- neurological and neurologic and neurodevelopment conditions such as cerebral palsy, epilepsy (seizure disorders), stroke, intellectual disability, moderate to severe developmental delay, muscular dystrophy, or spinal cord injury.

Other individuals:

- those with Alcohol use disorder
- pregnant women: those in their later trimester
 - Pregnant women are known to be at greater risk of severe morbidity and mortality from other respiratory infections such as influenza and SARS-CoV. As such, pregnant women should be considered an at-risk population for COVID-19.

<https://www.acog.org/clinical/clinical-guidance/practice-advisory/articles/2020/03/novel-coronavirus-2019>

- Lupus patients