Are you at higher risk of severe illness for COVID-19?

Individuals at higher risk of severe illness with COVID-19 include those of any age with:

- Chronic lung, heart, kidney or liver disease
- Obesity, diabetes, hypertension or high blood pressure
- Immunocompromised conditions or on immunosuppressant medication

In the pandemic, high-risk individuals follow stricter instructions because you are more likely to suffer severe illness from COVID-19.

If you find staying safely at home challenging and need extra assistance, contact:

**877-424-4640**
(M-F, 8a-5p)

- Delivery of groceries and medicine
- Transportation to and from appointments
- Other challenges