

# COVID-19 and diabetes, heart conditions and obesity: What you need to know

Do you have **diabetes, a heart condition (such as coronary artery disease) or obesity?**

- ➔ Medical conditions, such as these, **increase risk for severe illness** from the virus that causes COVID-19, **no matter your age.**
- ➔ These conditions **require regular care to keep you healthy.**



Continue to take your medications as prescribed.

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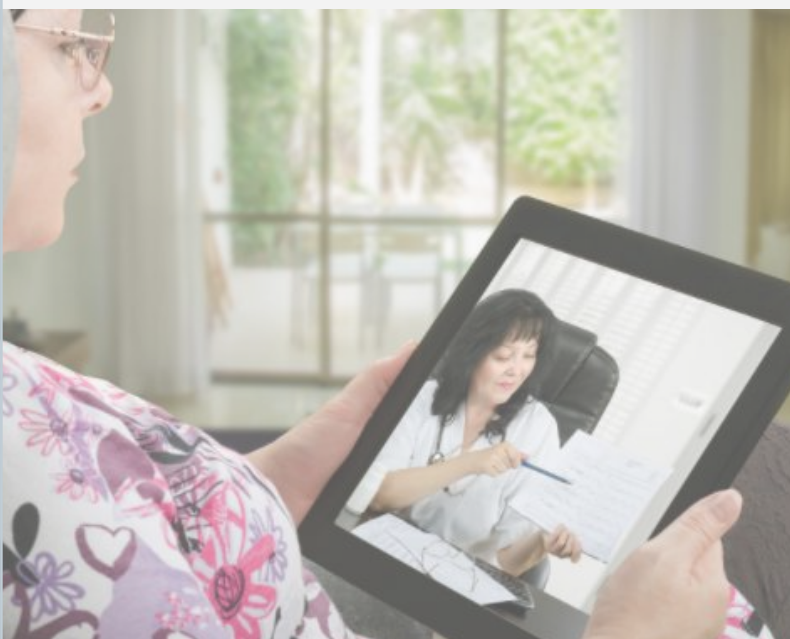
Make sure you have at least a 30-day supply of your medications.



Call your doctor if you have concerns or feel sick.



Contact the health department if you need help finding a doctor.



# Take Action:

## Contact your doctor.

- ⇒ Visiting your doctor **regularly** will help to **effectively manage and support your health.**
- ⇒ Use **telehealth or virtual services** when possible, and **visit in-person** for important physical check-ups.
- ⇒ Doctor's offices are using **in-depth protection and cleansing methods** to keep patients safe.

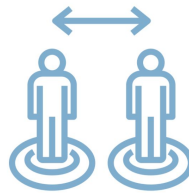
During your visit and anytime you are in public, remember these steps:



Cover your mouth and nose with a mask.



Do not touch your eyes, nose or mouth.



Stay at least 6 feet away from others while inside and in lines.



Wash your hands with soap and water for at least 20 seconds.

COVID-19 vaccines will be distributed starting early 2021. Talk to your doctor about the vaccine as soon as possible.

To learn more or find a local doctor, visit online or call:  
<https://www.colorado.gov/la-h-health>  
Las Animas County: 719-846-2213  
Huerfano County: 719-738-2650

