

Know Plan Go

KNOW if you are at high risk for severe COVID-19. Be ready with a **PLAN**. And, if you get COVID-19, **GO**. Act fast to put your plan into action and speak with your healthcare provider.

COVID-19 continues to have a disproportionate effect on the nearly 200 million American adults who are at high risk for severe illness caused by the virus.¹ Some high-risk factors can increase your chances of getting very sick from COVID-19.² That's why having a plan before the virus strikes and acting fast if you do get COVID-19 are important.²

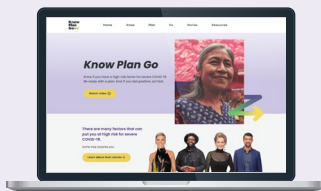


Know First, know if you have a high-risk factor that can lead to severe illness, and even hospitalization, from a COVID-19 infection.³ Being age 50 years or older, having diabetes, or having chronic lung conditions like asthma are just some examples.³ You can visit the [CDC website](https://www.cdc.gov/coronavirus/2019-ncov/your-health/risks-getting-very-sick.html) for the latest information and the full list of high-risk factors.

Plan As soon as you know that you or a loved one are at high risk of becoming very sick from COVID-19, make a plan with your healthcare provider for what you'll do if you get COVID-19. A personalized action plan is key. You can fill out [this checklist](#) now to start your plan and use it to help guide the discussion with your healthcare provider.

Go If you are at high risk for severe COVID-19 and test positive or are experiencing symptoms, act quickly. If you have COVID-19, speak to your healthcare provider about whether a prescription for an authorized oral treatment is right for you. You can visit [this site](#) to find convenient locations across the U.S. where you can be tested, access a provider, and if prescribed, pick up treatment for COVID-19.

When it comes to COVID-19, it's important to be informed, prepared, and ready to act. Help spread the word to KNOW, PLAN, and GO.



Visit [KnowPlanGo.com](https://www.knowplango.com) to learn more

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Watch and share the *Know Plan Go* video

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¹Li HL, Cheung BM. The proportion of adult Americans at risk of severe COVID-19 illness. *J Gen Intern Med*. 2021;36(1):259-261. doi:10.1007/s11606-020-06325-9

²Factors that affect your risk of getting very sick from COVID-19. Centers for Disease Control and Prevention. <https://www.cdc.gov/coronavirus/2019-ncov/your-health/risks-getting-very-sick.html>. Updated January 26, 2023. Accessed January 31, 2023.

³Underlying medical conditions associated with higher risk for severe COVID-19: Information for healthcare professionals. Centers for Disease Control and Prevention. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-care/underlyingconditions.html>. Updated January 27, 2023. Accessed January 31, 2023.

