WAYS TO LOWER YOUR RISK FOR CORONAVIRUS COMPLICATIONS RIGHT NOW

QUIT SMOKING & VAPING
Coronavirus infection increases smokers' risk of major respiratory complications. In fact, smokers are over-represented in groups of people who have severe or critical COVID-19. Vaping and smoking are known causes of pneumonia and lung impairment. Now is the time for you to quit for good.

WATCH YOUR SUGAR INTAKE
Uncontrolled diabetes can put you at risk for secondary infections such as coronavirus. In addition, high blood sugar can compromise your immune system and make you more susceptible to the virus. Exercise, eat well, and work to prevent or reverse diabetes.

STRENGTHEN YOUR HEART
Heart disease is a chronic condition that is a major risk factor for coronavirus. Lower your risk for heart disease by getting more exercise and monitoring your blood pressure. Losing a few pounds can have a tremendous effect on your overall heart health.

STAY ON YOUR HIV REGIMENT
Nearly half of people in the U.S. living with HIV are aged 50+ and have higher rates of certain underlying health conditions. These can increase your risk for a more severe case of coronavirus. Keep a 30 day supply of meds and maintain healthy habits.

STAY CONNECTED TO LOVED ONES
Stress wreaks havoc on your immune system, but laughter and healthy relationships support mental health. Plan to stay in touch using video calls or letter writing. In times of uncertainty, try to prevent anxiety and depression associated with loneliness.

SING HAPPY BIRTHDAY
Perfect your hand-washing technique and remember to sanitize surfaces. If we observe social distancing and/or quarantining recommendations, we can #flattenthecurve.