

Complete this Action Plan before you get sick. Discuss it with your healthcare provider, and keep it in a safe place.

Severe COVID-19 means that your symptoms get more serious, and may lead to hospitalization or even death.<sup>1</sup>



## STEP 1

Know your risk status: COVID-19 treatments may be available to you if you have symptoms.<sup>1,2</sup> You may be at higher risk of getting more severe COVID-19 if **any** of the factors below describe you:<sup>3,4\*</sup>

Check all that apply to you in the list below to know your risk:

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Age 60 years old or older  | <input type="checkbox"/> Cardiovascular conditions, such as hypertension (high blood pressure) and heart disease   | <input type="checkbox"/> Neurodevelopmental disorders, such as cerebral palsy and Down syndrome   |
| <input type="checkbox"/> Overweight or living with obesity (body mass index [BMI] over 25 kg/m <sup>2</sup> ) | <input type="checkbox"/> Chronic lung disease, such as chronic obstructive pulmonary disease (COPD), asthma (moderate to severe), interstitial lung disease, cystic fibrosis, and pulmonary hypertension | <input type="checkbox"/> Use of tracheostomy tube, gastrostomy tube, pressure ventilator (not related to COVID-19), or any other dependence to a medical device |
| <input type="checkbox"/> Chronic kidney disease   | <input type="checkbox"/> Current smoker  |   |
| <input type="checkbox"/> Diabetes   | <input type="checkbox"/> Sickle cell disease   |   |
| <input type="checkbox"/> Immunocompromised (weakened immune system from medication or a disease)              |  |   |
| <input type="checkbox"/> Active cancer  |  |   |

\* Other factors may put you at high risk of severe illness from COVID-19 and are not limited to those listed above.<sup>4</sup> If you have questions about a condition not included on this list, talk to a healthcare provider. If you have any risk factors, speak to your healthcare provider about possible treatments for symptomatic COVID-19.



## STEP 2

If you have COVID-19 symptoms, confirm infection through testing as soon as possible.<sup>2</sup>

If you develop any of the symptoms listed on the next page, even if mild, test yourself or get tested right away—you may have COVID-19.<sup>2</sup>

I can get tested at:

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**Remember: If you test positive for COVID-19, act quickly to get access to treatment**



## STEP 3

**If you test positive for COVID-19, act quickly and speak to your healthcare provider about possible treatment options.<sup>1,2</sup>**



I can contact my doctor at:

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I am taking the following medications:

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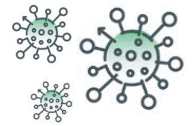


I have these questions for my doctor:

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## Know what to look out for

Some of the more commonly reported symptoms of COVID-19 include:<sup>2</sup>

### Head



- Runny nose
- Sneezing
- Headache
- New loss of smell or taste

### Chest



- New or worsening cough
- Shortness of breath or difficulty breathing

### Body



- Temperature  $\geq 38^{\circ}\text{C}$
- Feeling feverish or chills
- Fatigue or weakness
- Muscle or body aches
- Abdominal pain, diarrhea, and vomiting
- Feeling very unwell

## What to do if you suspect COVID-19 infection

Keep this information somewhere you can refer to it easily if you experience COVID-19 symptoms or test positive. That way, a healthcare provider, can use this information to help determine if a prescription treatment might be right for you.<sup>5</sup>

Being at high risk of progressing to severe COVID-19 means timing is important: many treatments, if prescribed, must be started within days of getting COVID-19.<sup>6,7</sup>

**Don't delay! If you test positive for COVID-19, speak to your healthcare provider about possible treatment as soon as possible<sup>6</sup>**

**References:** **1** Mayo Clinic. COVID-19: Who's at higher risk of serious symptoms? Available at <https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/coronavirus-who-is-at-risk/art-20483301>. Accessed May 7, 2024. **2** Government of Canada. COVID-19: Symptoms, treatment, what to do if you feel sick. Available at [https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms.html#\\_Getting\\_tested](https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms.html#_Getting_tested). Accessed May 7, 2024. **3** Government of Canada. People who are at risk of more severe disease or outcomes from COVID-19. Available at <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/people-high-risk-for-severe-illness-covid-19.html>. Accessed May 7, 2024. **4** Centers for Disease Control and Prevention. People with certain medical conditions. Available at <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html>. Accessed May 7, 2024. **5** Government of Canada. COVID-19 treatments; Available at <https://www.canada.ca/en/health-canada/services/drugs-health-products/covid19-industry/drugs-vaccines-treatments/treatments.html>. Accessed May 7, 2024. **6** Centers for Disease Control and Prevention. Clinical care quick reference for COVID-19. Available at <https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-care-quick-reference.html>. Accessed May 7, 2024. **7** Government of Ontario. COVID-19 testing and treatment. Available at <https://www.ontario.ca/page/covid-19-testing-and-treatment#section-5>. Accessed May 7, 2024.