

STAY SAFE MN

Do you know your health risk?

HELP PREVENT SEVERE ILLNESS FROM COVID-19

11/25/2020

Many people with long-term health conditions like type 2 diabetes, prediabetes, heart disease, high blood pressure or kidney disease don't know they have them. These conditions could put you at greater risk for severe illness if you get COVID-19. Knowing if you are at risk now can help you take steps to reduce your risk and be more prepared if you become sick with COVID-19.



Know your health risks

You may be at a higher-risk if you have a family history of diabetes or heart disease, are overweight, or smoke. If you don't know if your blood pressure, blood sugar and cholesterol are at healthy levels, check with your doctor or clinic.



Talk to a health care provider

Pay attention to your body and talk to your doctor if you notice changes in your health. Ask your doctor about steps you can take to stay healthy.



Take charge of your health

Be active and eat nourishing meals, like those rich in fruits and vegetables, lean protein, and whole grains. It's important to take care of both your body and mind. Find ways to stay physically active, reduce stress, and give your body rest when needed.



Wear a mask.



Wash your hands.



Stay 6 feet from others.



Stay home if you feel sick.

Learn more

Visit us at [Health.mn.gov](https://www.health.mn.gov) to find more information about COVID-19 and your health.



Minnesota Department of Health | [health.mn.gov](https://www.health.mn.gov) | 651-201-5000
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Contact health.communications@state.mn.us to request an alternate format.