

COVID-19 Safety Tips for People Living With Obesity or Metabolic Syndrome

When living with obesity or metabolic syndrome, it is important to protect yourself against COVID-19

- ✓ Those who are overweight are at higher risk of developing severe COVID-19 or long COVID
- ✓ Those with a BMI >40 kg/m² are at higher risk for severe hospital admission and death
- ✓ **Remember:** Your weight is not a reflection of your willpower

Ask your healthcare team what steps you can take to stay healthy



Stay up to date on these vaccines:

- ✓ **Influenza:** Receive the inactivated influenza vaccine every year
- ✓ **COVID-19:** Keep up to date with COVID-19 vaccines or boosters



Consider methods for weight reduction before developing COVID-19:

- ✓ Ask your provider about medications that can help manage your weight
- ✓ Ask your provider about nonpharmacologic interventions that can help with weight loss



Participate in healthy practices:

Sleep: Ensure that you are getting enough sleep (at least 7-8 hours); sleep affects your immune system, which protects you from getting sick

Well-being: Take medications as planned by your prescriber, ensure control of chronic conditions such as diabetes and hypertension, and ensure adequate time for your mental and physical well-being

Movement: Stay active throughout the day, and engage in exercise as recommended

Nutrition: Eat a well-balanced diet; consider getting an assessment to learn if you are well nourished, and ask if you need to take any vitamins or supplements

If you think you have COVID-19, seek medical care without delay

Important action items:



Continue

Continue taking your medications unless otherwise directed by a healthcare professional



Don't delay

Don't delay seeking treatment or talking to your provider



Call

If you have symptoms, call your provider immediately and get tested—don't wait



Distance

Isolate until you definitively know whether you have COVID-19



Mask

Wear a well-fitting mask if you cannot isolate



Wash

Wash hands frequently



Health

Practice healthy lifestyle habits

Testing and treatment options:



At home

Use at-home testing if you think that you may have COVID-19 symptoms; repeat testing may be needed



On site

Ask your provider about hours and locations of on-site testing centers; many are accessible without insurance and have interpreters available



Test-to-treat sites

Allow you to be tested while picking up a prescription; they also may refer you for an infusion therapy



Community pharmacies

May be able to provide a prescription within 5 days of your first symptoms