



**Subject to Change**  
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**Who is at higher risk of COVID-19?**

COVID-19 is a relatively new disease and information is changing on who is more likely to get COVID-19 and who is will have more complications.

Current clinical guidance and information from the U.S. Centers for Disease Control and Prevention (CDC) and Health Organization (WHO) lists those at high-risk for severe illness from COVID-19 as:

- Unvaccinated people 60 years and older. Risk increases with age.
- Unvaccinated people with disabilities (resulting from long-standing systemic health and social inequities)

Regardless of age, individuals who are **unvaccinated** and have underlying conditions, such as the following, are or may be at increased risk of severe illness from COVID-19:

- People with chronic lung disease, chronic obstructive pulmonary disease or moderate to severe asthma, interstitial lung disease, cystic fibrosis, and pulmonary hypertension
- People who have serious heart conditions (including heart failure, coronary artery disease, congenital heart disease, cardiomyopathy, hypertension)
- People who have HIV and/or are immunocompromised
- People with obesity or who are overweight (body mass index [BMI] of 25 or higher). To calculate BMI refer to: <https://bit.ly/2Zspqer>
- People with cancer
- People with diabetes (Type 1 and 2)
- People with chronic kidney disease
- People with liver disease
- People with dementia
- People with down syndrome
- People who are pregnant
- People who are smokers, current or former
- People with a substance abuse disorder
- People with sickle cell disease or thalassemia
- People who have had a stroke or cerebrovascular disease

The list may change as evidence is learned. Please review the latest list of conditions that put individuals at increased risk available at the [CDC website](https://bit.ly/2VEJcSK) (<https://bit.ly/2VEJcSK>)

If you are at a high risk and unvaccinated, you may be putting yourself at risk when you return to activities with Special Olympics. But, you may also put your family and your teammates at risk. If you have these conditions, it is strongly recommended that you should not return to Special Olympics in person activities until you are vaccinated or the community transmission in your community is low.

**If you have been diagnosed with COVID-19, you should consult with a healthcare professional for written medical clearance before returning to Special Olympics in person activities as serious cardiac, respiratory, and neurological issues may develop as a result of COVID-19.**