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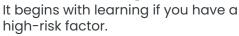


COVID-19 Preparedness Plan

If you become sick, the last thing you'll want to do is put together your Action Plan. So fill out this form in advance and keep it in a safe place. That way, you can put your plan into action. **Here's what you should do**:

STEP 1:

I will know my risk status



Risk factors for developing severe COVID-19 include¹:

☐ Age 65 years and above, if not vaccinate	
Neurological conditions (affecting brain nerves) impacting breathing ability	or
,	
Cancer	
Diabetes	
Serious lung conditions e.g. cystic fibros	is
Certain rare genetic conditions	
Down syndrome or any other learning	
disabilities	
Severe mental illness	
Chronic heart disease	
Obesity with body mass index (BMI)	
greater than 35	
Sickle cell disease	
Chronic kidney disease	
Organ transplant	
Stem cell or bone marrow transplant	
Chronic liver disease	
Weak immune	
system(immunocompromised)	

This list should not be considered exhaustive. Other risk factors may put you at high risk for severe COVID-19.

STEP 2:

I will talk to my doctor



Experiencing symptoms related to COVID-19 or testing positive can be stressful and concerning if you have high-risk factors that make getting very sick from COVID-19 a possibility¹.

Go talk to your healthcare professional to seek clinical assessment and advice if you contract COVID-19.

I can contact my healthcare professional at:

I have these questions for my doctor:

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I am taking the following medications:	

Once I've completed this plan, I can feel confident knowing I'm ready to act fast if I do test positive for COVID-19.

References: 1 People at higher risk from COVID-19: Health service Executive. Accessed September 2024 www2.hse.ie/conditions/covid19/people-at-higher-risk/overview/

