



(Insert name here)

# 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



It begins with learning if you have a high-risk factor.

Risk factors for developing severe COVID-19 include<sup>1</sup>:

- ☐ Age 65 years and above, if not vaccinated
- ☐ Neurological conditions (affecting brain or nerves) impacting breathing ability
- ☐ Cancer
- ☐ Diabetes
- ☐ Serious lung conditions e.g. cystic fibrosis
- ☐ 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 possibility<sup>1</sup>.

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

I can contact my healthcare professional 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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**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/](http://www2.hse.ie/conditions/covid19/people-at-higher-risk/overview/)