Whether you’re at increased risk for severe illness from COVID-19, or if you live or visit with people at high risk, take the steps you need to protect your community from COVID-19.

What You Need to Know

Your risk for severe illness with COVID-19 increases as you get older. Underlying medical conditions can also increase your risk for severe illness.

- Risk for severe illness with COVID-19 increases with age, with older adults at highest risk.
- Certain medical conditions can also increase your risk for severe illness.
- People at increased risk, and those who live or visit with them, need to take precautions to protect themselves from getting COVID-19.

Reducing Your Risk

The best way to protect yourself and to help reduce the spread of COVID-19 is to:

Get vaccinated as soon as you can. You have three ways to find vaccines near you:

- Go to [vaccines.gov](https://www.vaccines.gov)
- Text your ZIP code to 438829
- Call 1-800-232-0233

If you’ve been vaccinated, you may be eligible for a booster shot to keep up your protection. See the latest guidance on boosters.

Until you’re fully vaccinated (2 weeks after your final dose):

- Wear a mask when you interact with others. Wear a mask when you’re inside public places (even vaccinated people in areas of substantial or high spread of COVID-19 should wear a mask inside public places to maximize protection from the highly contagious Delta variant and prevent possibly spreading it to others).
- Keep at least 6 ft. of distance (about two arm lengths) from people who don’t live with you and who may not be vaccinated.
- Attend community, church, and civic meetings virtually from your own home.
- Avoid crowds and poorly ventilated spaces.