



COVID-19 (CORONAVIRUS) TOGETHER WE CAN SLOW THE SPREAD

**DIABETES. HEART DISEASE. LUNG DISEASE.
CANCER. KIDNEY DISEASE. RARE GENETIC DISORDERS.**

If you are living with one of these underlying endocrine disorders, then you are considered high-risk for complications with COVID-19. Protect your health with these recommendations.

- 1** Ensure you have enough medications to manage your condition.
- 2** Take necessary precautions to prevent the spread of infection that can possibly make your condition worse.
- 3** Contact your provider if you exhibit any of the following symptoms.

COVID-19 SYMPTOMS



SHORTNESS OF BREATH



(DRY) COUGH THAT GETS MORE SEVERE OVER TIME

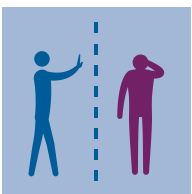


LOW-GRADE FEVER THAT GRADUALLY INCREASES OVER TIME



FATIGUE

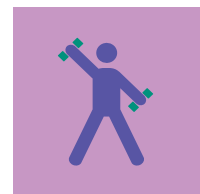
SAFETY PRECAUTIONS FROM OUR EXPERTS



Stay home and limit contact with others (social distancing)



Arrange a way to get **healthy food delivered**



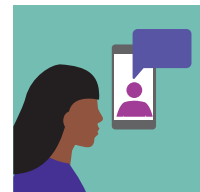
Find creative ways to **exercise at home**



Practice **good hygiene** by washing your hands and sanitizing surfaces regularly



Keep your **hands away from your face**, particularly your eyes and mouth



Find a **"go-to" person** whom you're in touch with routinely



If possible, maintain a **3-month supply of medications** and supplies



Quit smoking or vaping as this can increase the risk of complications if the virus is contracted



Stay positive and find ways to **de-stress**



Healthcare providers have increased access to **telehealth options**, which can be helpful if you are exhibiting symptoms and want to stay safe at home, or if you are feeling anxiety and want to talk to a professional.

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