



COVID-19 Resources

With the continuous efforts on fighting Coronavirus (COVID-19) the Superior Health Quality Alliance is providing resources for you and your patients who may be most at risk. Additional resources for health care professionals and the community can be found at the Centers for Disease Control and Prevention's (CDC) [website](#).

According to the CDC, based on [currently available information](#), older adults and people of any age with serious underlying medical conditions may be at higher risk for severe illness from COVID-19, including:

- People aged 65 years and older.
- People who live in a nursing home or long-term care facility.
- Other high-risk conditions including people with chronic lung disease or moderate to severe asthma, people with serious heart conditions, people who are immunocompromised including cancer treatment.
- People of any age with severe obesity (BMI >40) or certain underlying medical conditions, particularly if not well controlled, such as those with diabetes, renal failure or liver disease.
- People who are pregnant should be monitored since they are known to be at risk with severe viral illness, however, to date data on COVID-19 has not shown increased risk.
- People of any age with serious underlying medical conditions like diabetes, cancer or kidney failure may face higher risk of complications if they get infected.
- Stroke survivors may also face a higher risk of complications ([AHA](#)).

The CDC resource webpage – [Are You at High Risk for Severe Illness?](#) provides information and guidance specific to:

- [Older adults](#)
- [People with HIV](#)
- [People with Asthma](#)
- Pregnant Women

Cardiac Health

“The American Heart Association (AHA) is advising caution and preparation for people who have heart disease or who have survived a stroke. Based on current information, it appears elderly people with coronary heart disease or hypertension are more likely to be infected and to develop more severe symptoms. Stroke survivors may also face increased risk for complications if they get COVID-19.”

– [American Heart Association](#)

- [Coronavirus Disease 2019 \(COVID-19\) and Cardiovascular Disease](#) (AHA).
- [What heart patients should know about coronavirus](#) (AHA). [Spanish version](#).
- [Patients taking ACE-I or ARB medications should continue therapy as prescribed](#) (AHA).
- [What heart patients should know about coronavirus](#) (AHA) [Spanish version](#)
- [COVID-19 Clinical Guidance For the Cardiovascular Care Team](#) (ACC).

- VIDEO: [Coronavirus Pandemic Update 37: The ACE-2 Receptor - The Doorway to COVID-19 \(ACE Inhibitors & ARBs\)](#).
- VIDEO: [Coronavirus: What heart and stroke patients need to know](#) (AHA).
- VIDEO: [Coronavirus Safety Tips](#) (AHA).

Diabetes

“People with diabetes do face a higher chance of experiencing serious complications from COVID-19. In general, people with diabetes are more likely to experience severe symptoms and complications when infected with a virus. If diabetes is well-managed, the risk of getting severely sick from COVID-19 is about the same as the general population.” – [American Diabetes Association \(ADA\)](#)

- [COVID-19 and diabetes](#) (ADA).
- [Diabetes Disaster Response Coalition](#) (DDRC).
- Diabetes Disaster Preparedness Plan ([short version](#), [more details](#), [Spanish](#)).
- [How to Stay Safe From Coronavirus if You Have Diabetes](#).
- [Resources on COVID-19 for People with Diabetes](#) (diaTribe).
- [COVID-19 and type 1 diabetes](#) (Diabetes Advocacy).
- VIDEO: [COVID-19 Q+A with Endocrinologist Dr. Anne Peters](#) (Beyond Type 1).
- ADA’s Center for Information: 1-800-DIABETES (800-342-2383).

Kidney Disease

“Older adults and people with kidney disease or other severe chronic medical conditions seem to be at higher risk for more serious Coronavirus illness. Because of this increased risk for kidney patients, it is especially important for you to take actions to reduce your risk of exposure.” – [National Kidney Foundation \(NKF\)](#)

- [Kidney disease & COVID-19](#) (NKF).
- [Be Prepared: Kidney Patient Prep for Coronavirus](#) (NKF).
- [Managing your health during the COVID-19 outbreak](#) (NKF).
- [Staying Safe During Dialysis and the COVID-19 Outbreak](#) (NKF).
- [Medication & COVID-19](#) (NKF).
- [Transplant & coronavirus](#) (NKF).
- [COVID-19 Information for Dialysis Patients](#) (Dialysis Patient Citizens Education Center).

Maintaining Healthy Lifestyles During COVID-19 Outbreak

- [Resources to maintain healthy lifestyle amidst COVID-19 outbreak](#) (AHA).
- [Create an at home circuit workout](#) – infographic (AHA).
- Use shelf stable ingredients to cook heart-healthy meals ([vegetarian 3-bean chili](#), [slow cooker barbeque chicken](#), and more) (AHA).
- [Fight stress](#) – infographic (AHA).
- <https://www.heart.org/en/healthy-living>.

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- [Kidney-friendly diet & COVID-19](#) (NKF).
 - [Nurture Your Emotional Health](#) (ACS).
 - Get regular [physical activity](#) (American Cancer Society).
 - Eat a [healthy diet](#) (American Cancer Society).
 - [Emotional Wellness Toolkit](#) (National Institutes of Health).
 - [Tips for caregivers](#) (NKF).

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call 911, Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746 (TTY 1-800-846-8517).