

COVID-19 Discussion Guide

If you have one or more risk factors, you could be at high risk for severe COVID-19. Don't wait to talk to your doctor about treatment.

Tell your doctor about your risk factors and symptoms. Then answer the questions below to help you and your doctor decide if treatment is right for you.



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Your health conditions and symptoms

Share this information with your doctor to get the most out of your appointment.



Existing health conditions

Existing health issues can increase the chance of COVID-19 progressing to severe illness. Be sure to check all current conditions.

- ☐ Cancer
- ☐ Chronic kidney disease
- ☐ Chronic liver disease
- ☐ Cystic fibrosis
- ☐ Dementia or other neurological conditions
- ☐ Diabetes
- ☐ Heart conditions
- ☐ HIV infection
- ☐ Mental health conditions
- ☐ Obesity and being overweight
- ☐ Pregnancy or recent pregnancy
- ☐ Sickle cell disease or thalassemia
- ☐ Solid organ or blood stem cell transplant
- ☐ Stroke or cerebrovascular disease
- ☐ Tuberculosis
- ☐ Weakened immune system
- ☐ Other



Symptoms

Check all that apply. Do not underestimate or assume any of these symptoms are too mild to mention. Your doctor needs to know.

- ☐ Congestion or running nose
- ☐ Cough
- ☐ Diarrhea
- ☐ Fatigue
- ☐ Fever or chills
- ☐ Headache
- ☐ Muscle or body aches
- ☐ Nausea or vomiting
- ☐ New loss of taste or smell
- ☐ Shortness of breath or difficulty breathing
- ☐ Sore throat
- ☐ Other

Your health information

Tell your doctor about the medicines you take and about anything that may have exposed you to COVID-19.



Medications

Please list any medications you are taking.



Exposure experiences

Please list/share your recent activities that may have exposed you to COVID-19 (travel, gathering, movies, etc.).

Questions to ask your doctor

Don't know what to ask? Here are some questions to get you started.

- What are my treatment options?
 - How soon should I start treatment?
 - What should my expectations be regarding the treatment?
How will I feel?
 - Does treatment have any side effects?
 - Should I reach out to my specialist to let them know?
- What additional symptoms should I expect?
 - If I have COVID-19, how long am I contagious?
 - Is there anything I need to think about regarding food, exercise, or other lifestyle issues?
 - Is financial support available for prescribed treatments?