



# COVID-19 and Season Influenza: Interim Guidance for Health Care and Public Health Providers

## CLINICAL MANIFESTATIONS

**Table 5.5: Adult Groups at High Risk for Serious Influenza Complications**

*Adapted from the [CDC](#) 9/9/2020*

Adults $\geq 65$ years of age
Women who are pregnant or up to 2 weeks postpartum
Residents of nursing homes and long-term care facilities
American Indians, including Alaska Natives
People with medical conditions including: <ul style="list-style-type: none"><li>• Asthma</li><li>• Neurologic and neurodevelopmental conditions (including disorders of the brain, spinal cord, and peripheral nerve and muscle such as cerebral palsy, epilepsy, stroke, intellectual disability, moderate-to-severe developmental delay, muscular dystrophy, and spinal cord injury)</li><li>• Chronic lung disease (e.g., chronic obstructive pulmonary disease, cystic fibrosis)</li><li>• Heart disease (e.g., congenital heart disease, congestive heart failure, coronary artery disease)</li><li>• Blood disorders (e.g., sickle cell disease)</li><li>• Endocrine disorders (e.g., diabetes mellitus)</li><li>• Kidney disorders</li><li>• Liver disorders</li><li>• Metabolic disorders (e.g., inherited metabolic disorders and mitochondrial disorders)</li><li>• Weakened immune system due to disease (e.g., human immunodeficiency virus [HIV], acquired immunodeficiency syndrome [AIDS], cancer) or medication (e.g., chemotherapy or radiation therapy, chronic glucocorticoids)</li><li>• Persons <math>&lt; 19</math> years of age who are receiving long-term aspirin therapy</li><li>• People with extreme obesity (body mass index [BMI] <math>\geq 40</math>)</li></ul>

Excerpted from the Clinical Manifestations section of the CCHCS Interim Guidance for Health Care and Public Health Providers: <https://cchcs.ca.gov/covid-19-interim-guidance/>

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