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# High-Risk Populations

## CDC EXPLANATION

The Center for Disease Control identifies likely high-risk populations on [this web page](#) and the related pages. They explain:

*COVID-19 is a new disease and there is limited information regarding risk factors for severe disease. Based on currently available information and clinical expertise, **older adults and people of any age who have serious underlying medical conditions** might be at higher risk for severe illness from COVID-19.*

*Based on what we know now, those at high-risk for severe illness from COVID-19 are:*

- [People 65 years and older](#)
- *People who live in a nursing home or long-term care facility*

*People of all ages with underlying medical conditions, particularly if not well controlled, including:*

- *People with chronic lung disease or [moderate to severe asthma](#)*
- *People who have serious heart conditions*
- [People who are immunocompromised](#)
  - *Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications*
- *People with severe obesity (body mass index [BMI] of 40 or higher)*
- *People with diabetes*
- *People with chronic kidney disease undergoing dialysis*
- [People with liver disease](#)

## **PARTICIPATION OF HIGH-RISK INDIVIDUALS IN CHURCH ACTIVITIES**

### In-Person Attendance at Church Activities by High-Risk Individuals

Due to the increased risk of severe disease upon contracting COVID-19, we strongly encourage people in high-risk populations to avoid in-person attendance at church activities and to instead utilize virtual and online tools to participate in those activities.

We commit to make every reasonable effort to provide online platforms that allow high-risk individuals to participate in activities virtually, even as others gather in-person for that same activity.

### In-Person Attendance at Small Group Meetings by High-Risk Individuals

Similarly, we strongly encourage people in high-risk populations to utilize virtual and online tools to participate in small group meetings. In particular, groups whose leaders are at high-risk of severe disease should expect to meet virtually for some time.

### Participation in Ministry Teams by High-Risk Individuals

Covenant Life Church is filled with servants who take their commitments to ministry teams seriously. Until we reach Stage 4, all ministry teams will free high-risk individuals from any commitments and restructure the teams or the ministries to function either without their participation or in such a way that they can serve virtually.

Some ministry team leaders or weekly coordinators are in the high-risk population and should plan to delegate on-site leadership to other team members until they are able to safely participate.