

Chanjo za COVID-19 zitatolewa kwa watu wa Vermont ambao wana hali fulani za kiafya. Masharti haya yameonekana kuwaweka watu katika hatari zaidi ya kuugua COVID-19 ikilinganishwa na hali zingine za kiafya.

Saratani ya sasa

Watu wanaoishi na saratani wana seli zisizo za kawaida na zisizoweza kudhibitiwa kuzaana. Seli hizi zinaweza kusambaa kwa tishu zingine zinazounda viungo kwenye mwili. Seli za saratani zinaweza kuhamia sehemu zingine za mwili kupitia damu na mifumo mingine. Saratani nyingi hupewa jina kulingana na sehemu ya mwili inayoathiriwa (kwa mfano, saratani ya mapafu huanza kwenye mapafu).

Ugonjwa Sugu wa Figo

Watu wanaoishi na ugonjwa sugu wa figo wana figo ambazo zimeharibiwa au haziwezi kusafisha damu pamoja na figo zenye afya. Wakati figo hazifanyi kazi vizuri, taka na maji ya ziada huongezeka mwilini. Hii inaweza kusababisha ugonjwa wa moyo, shinikizo la juu la damu na matatizo mengine ya kiafya.

COPD, Ikiwa ni pamoja na Ugonjwa wa kuvimba mapafu na kupumua kwa shida (Emphysema) na Mkamba Sugu

COPD (ugonjwa sugu wa mapafu) ni kikundi cha magonjwa ambayo husababisha njia yako ya hewa kuzuiwa na inaweza kuwa ngumu kupumua. Emphysema na mkamba sugu ni aina mbili za COPD.

Ugonjwa wa Moyo

Hii ni pamoja na magonjwa kadhaa sugu ambayo huumiza moyo. Hii ni pamoja na mshtuko wa moyo, kushindwa kwa moyo kufanya kazi, msongamano wa moyo, na ugonjwa wa ateri au ugonjwa wa moyo wa ischemic (damu na oksijeni haitoshi kufikia moyo). Ugonjwa wa ateri unaweza kusababisha angina, au maumivu mabaya kwenye kifua. Magonjwa mengine ya moyo ni kama ugonjwa wa moyo cardiomyopathies (hali ambayo inafanya vigumu moyo kusukuma damu) na shinikizo la damu ya mapafu (shinikizo kubwa kwenye mishipa ya damu inayoelekea kwa moyo). Shinikizo la damu halijumuishwi.

Kinga ya mwili iliyo chini (Udhaifu wa Kinga)

Watu walio na hali hii hawawezi kupambana na maambukizo kwa sababu kinga yao haifanyi kazi vizuri. Hii inaweza kuwa kwa sababu ya upandikizaji wa kiungo, upandikizaji wa damu au uboho, au magonjwa ya upungufu wa kinga. Hii pia inajumuisha watu ambao wana VVU na idadi ndogo ya seli za CD4 au hawapo kwenye matibabu ya VVU. Kutumia dawa zinazopunguza kuvimba (corticosteroids) au dawa zingine zinazosababisha mfumo wa kinga kuwa dhaifu.

Unene kupita kiasi (BMI ya 40 au zaidi)

Uzani unaopita kiwango kinachopendekezwa kwa urefu fulani - kwa mfano, mtu ambaye ana inchi 65, au futi 5 inchi 5, na uzani wa pauni 240 ana BMI ya 40.

Ujauzito

Watu wajawazito wamejumuishwa katika awamu ya hali za kiafya kwa sababu wale ambao ni wajawazito wako katika hatari kubwa ya kuwa wagonjwa sana kutokana na COVID-19.

Kisukari cha Aina 1 na Aina 2

Watu wenye ugonjwa wa kisukari wana kongosho ambazo hazitumii insulini vizuri. Insulini ni homoni inayoundwa na mwili kusaidia kuvunja virutubishi-nguvu (sukari) kutoka kwa chakula.

Ulemavu

Ulemavu unaoweka watu katika hatari kubwa ya kuwa wagonjwa sana kutokana na COVID-19 ni pamoja na matatizo ya kromosomu, kama ugonjwa wa Akili (Down syndrome); ulemavu wa akili; na ulemavu ambao hufanya iwe vigumu kwa mapafu kufanya kazi na pia uvimbe wa nyuzi.

Ugonjwa wa Seli Mundu

Shida za seli za damu zinazofanya mwili kuwa na uhaba wa seli nyekundu za damu na kuzifanya zigeuke kuwa mfano wa sura ya "C". Hii inasababisha seli hizo zikwame kwa mishipa na kuzuia damu kusonga.

The COVID-19 vaccines will be available to people in Vermont who have certain health conditions. These conditions have been found to put people at more risk for getting really sick from COVID-19 compared to other health conditions.

Current Cancer

People living with cancer have cells that are not normal and divide out of control. These cells can spread to other tissues that make up organs in the body. Cancer cells can move to other parts of the body through the blood and other systems. Many cancers are named after the part of the body they impact (for example, lung cancer begins in the lung).

Chronic Kidney Disease

People living with chronic kidney disease have kidneys that have become damaged or cannot clean the blood as well as healthy kidneys. When the kidneys don't work well, wastes and extra water build up in the body. This can cause heart disease, high blood pressure, and other health problems.

COPD, Including Emphysema and Chronic Bronchitis

COPD (chronic obstructive pulmonary disease) is a group of diseases that cause your airway to be blocked and can make it hard to breathe. Emphysema and chronic bronchitis are two kinds of COPD.

Heart Disease

This includes several chronic illnesses that hurt the heart. This includes heart attack, heart failure, congestive heart failure, and coronary artery disease or ischemic heart disease (not enough blood and oxygen can reach the heart). Coronary artery disease can cause angina, or bad pain in the chest. Other heart diseases include cardiomyopathies (conditions that make it harder for the heart to pump blood) and pulmonary hypertension (high pressure in the blood vessels leading to the heart). High blood pressure is not included.

Immunocompromised (Weakened Immune System)

People with this condition are not able to fight off infections because their immune system is not working well. This can be due to solid organ transplant, blood or bone marrow transplant, or immune deficiency diseases. This also includes people who have HIV and a low CD4 cell count or are not on HIV treatment. Using corticosteroids or other drugs can also make the immune system weaker.

Severe Obesity (BMI of 40 or above)

Weight that is considered above what is healthy for a given height – for example, someone who is 65 inches, or 5 feet 5 inches tall, and weighs 240 pounds has a BMI of 40.

Pregnancy

Pregnant people are included in the health conditions phase because those who are pregnant are at an increased risk of becoming very sick from COVID-19.

Type 1 and Type 2 Diabetes

People with diabetes have pancreases that do not use insulin well. Insulin is a hormone created by the body to help break down energy (sugar) from food.

Disabilities

Disabilities that put people at the highest risk of becoming very sick from COVID-19 include chromosomal disorders, like Down syndrome; intellectual disabilities; and disabilities that make it hard for lungs to work.

Sickle Cell Disease

Blood cell disorders that cause the body to have too few red blood cells and cause red blood cells to change into a “C” shape, which makes them get stuck in blood vessels and stop blood from flowing.