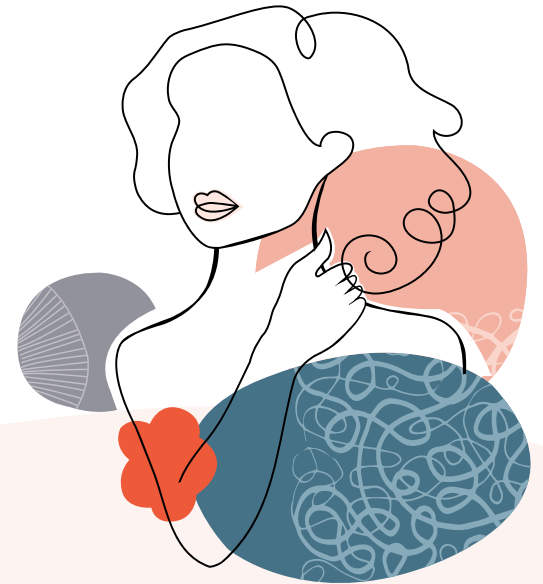


SPECIAL SITUATION DISCUSSION GUIDE

Create more effective conversations—and enhanced relationships—with your healthcare provider.



COVID-19 AND HYPOTHYROIDISM

COVID-19 may pose special challenges and added concerns for people with hypothyroidism. Talking with your healthcare provider can bring helpful information and peace of mind. Consider the questions below:¹

- 1 How can I distinguish symptoms for COVID-19 vs hypothyroidism?
- 2 Am I at greater risk for COVID-19 because of my Hashimoto's diagnosis?
- 3 What precautions can I take to protect myself from COVID-19?
- 4 I feel stress and anxiety over COVID-19—can you suggest anything to help me?
- 5 How can I strengthen my immune system?
- 6 How does treatment for COVID-19 compare to my hypothyroidism treatment?
- 7 If I needed treatment for COVID-19, how might it affect my hypothyroidism treatment?
- 8 How have people with hypothyroidism recovered from COVID-19?
- 9 Should I get tested for COVID-19?

Notes:

Notes:

In these unprecedented times, it's important to stay connected with your healthcare provider—keep them updated on your condition and share your concerns. Get the answers and support you deserve.

Be sure to ask about online and teleconference services that may allow you to meet with your healthcare provider without having to go to their office.

It may be helpful to print out a copy of this discussion guide and bring it to the next visit with your healthcare provider. Prepare and plan to have an effective conversation about any special situation.



EMPOWER YOURSELF AND TAKE CONTROL OF YOUR WELLNESS JOURNEY.

For more information and resources to help you partner with your healthcare provider, please visit [SimplyHypothyroidism.com](https://www.simplyhypothyroidism.com)

Reference: 1. American Thyroid Association. Novel Coronavirus (COVID-19) and the Thyroid. Accessed October 10, 2020. <https://www.thyroid.org/covid-19/coronavirus-frequently-asked-questions/#hypothyroidism>