



### Health Factors

- ✓ Chronic stress
- ✓ Smoker
- ✓ Low resilience
- ✓ Alcohol or drug abuse
- ✓ Low respiratory disease tolerance or resistance
- ? No pre-existing SARS-CoV-2 immunity
- ? No cross-immunity to other coronaviruses
- ? Immune-compromised
- ✗ Use of immunosuppressant drugs
- ✗ Organ transplant patients
- ✗ Over 65-years-old
- ✗ Male gender
- ✗ Pregnant

### Disease factors

- ✓ Type 2 diabetes
- ✓ Coronary heart disease
- ✓ Hypertension
- ✓ Obesity
- ✓ Asthma
- ? Lung disease
- ? Kidney disease
- ? Liver disease
- ? Cancer
- ✗ Type 1 diabetes
- ✗ Sickle cell disease

### Social factors

- ✓ Poorly ventilated living conditions
- ✓ Poor sanitation/inappropriate hygiene
- ? Lower socio-economic status
- ? High viral load exposure
- ? Confined or crowded living conditions
- ✗ Ethnicity

### Metabolic factors

- ✓ Obesity
- ✓ Overfat
- ✓ Overweight
- ✓ Poor metabolic flexibility
- ✓ Suboptimal autophagy
- ✓ Deranged blood glucose metabolism
- ? Neuro-endocrine imbalance

### Nutritional factors

- ✓ Vitamin D deficiency
- ✓ Poor dietary quality
- ✓ Zinc deficiency
- ✓ Vitamin A deficiency
- ✓ Vitamin K deficiency
- ✓ Vitamin C deficiency
- ✓ Magnesium deficiency

### Environmental factors

- ✓ Insufficient physical activity
- ? Air pollution
- ? Inadequate access to outdoor environments

### Occupational factors

- ✓ Poor sanitation/inappropriate hygiene
- ✓ Poorly ventilated living conditions
- ? High viral load exposure
- ? Confined or crowded living conditions
- ? Contact with or proximity to infected persons

**KEY**

- ✓ Modifiable
- ? Possibly modifiable
- ✗ Generally not modifiable