

KNOW THE RELATIONSHIP BETWEEN AGE AND COVID-19

COVID-19 spreads fast. In some people it can start with mild symptoms and quickly progress to more severe disease.



What is COVID-19?

Coronavirus disease (COVID-19) is an infectious disease caused by the SARS-CoV-2 virus.¹ If you are infected with the virus, you will most likely experience mild to moderate respiratory illness.¹

Most people can expect to get better without needing special treatment, but some people can become very sick and require medical attention.¹

Are you at increased risk?

3 in 5 (60%)

adults in the United States have a chronic disease²



The older you are, the greater the chance of having at least one medical condition that can put you at high risk of getting very sick from COVID-19.³

The likelihood of **having one or more such medical conditions** increases by³:

10% for people up to and including age 25 years



33% for people up to and including age 50 years



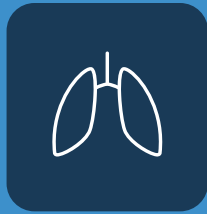
66% for people up to and including age 70 years



You are more likely to develop serious illness from COVID-19 if you have a condition or risk factor like⁴:



Heart conditions



Lung disease



Diabetes



Cancer



Racial, ethnic, and socioeconomic disparities



Overweight or obese



Immunocompromised condition



Age

This list does not include all possible conditions.

If you have diabetes, heart disease, lung disease, or cancer and you get COVID-19, **you are more likely to**⁴⁻⁸:

Get very sick

Be hospitalized

Need a machine to help you breathe

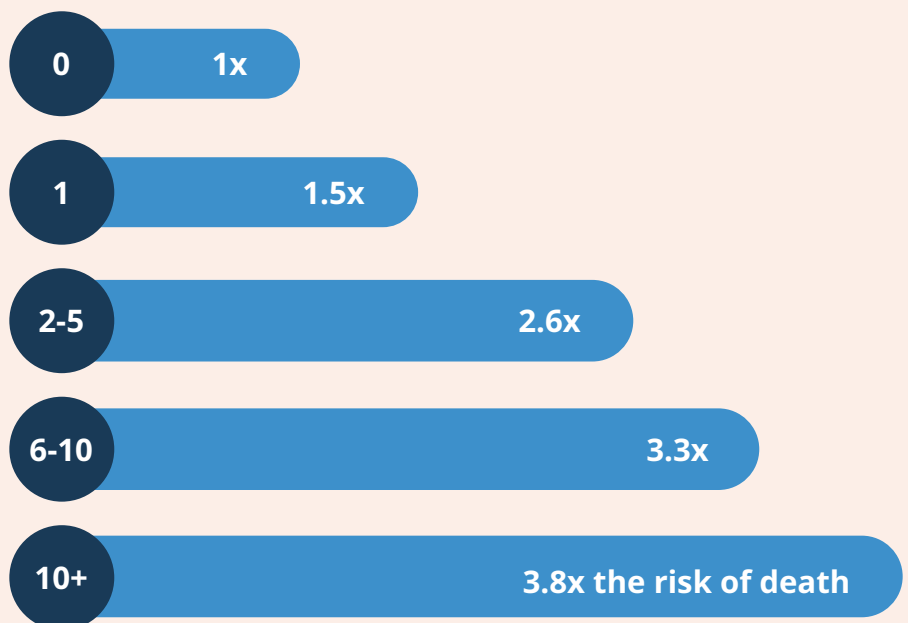
Need intensive care

Die

The number of high-risk medical conditions you have **increases your risk of death** from COVID-19^{4,7}:

● Number of high-risk medical conditions⁷

● Risk of death⁷



COVID-19 and age

If you are **50 or older**, your risk of getting severely sick from COVID-19 is **increased**, and your risk is increased substantially if you are **65 or older**.⁷
The risk of dying from COVID-19 is also very high.⁹

On December 5, 2022, the Centers for Disease Control and Prevention changed age-related guidance for those at increased risk for progression to severe COVID-19 from 65+ to 50+.¹⁰



Age is the strongest risk factor for progressing to severe COVID-19.⁷



Compared with people ages 18 to 29 years old, the risk of dying from COVID-19 is⁷:

~25x greater

if you are **50 to 64** years old

~60x greater

if you are **65 to 74** years old

~140x greater

if you are **75 to 84** years old

~340x greater

if you are **85** years of age or older

People over the age of **50** have accounted for

more than
93%

of the **deaths related to COVID-19** in the United States.¹¹

Residents in long-term care facilities and nursing homes have accounted for

more than
35%

of all **COVID-19 deaths**.⁷

If you think you have been infected with COVID-19, remember to **ACT** fast.

A

Assess for COVID-19 symptoms and your risk factors

C

Confirm that you have COVID-19 with your healthcare professional

T

Talk to your healthcare professional about treatment options

A

Assess for COVID-19 symptoms and your risk factors like age

If you have been exposed to COVID-19, you may start having symptoms 2 to 14 days after exposure.¹¹ COVID-19 symptoms can be similar to other infections, like the flu.¹³

If you have flu-like symptoms, it may be COVID-19.¹³
Symptoms of COVID-19 can look like¹²:



Congestion or runny nose



Headache



Cough



Muscle or body aches



Sore throat



Nausea or vomiting



Fatigue



Diarrhea



New loss of smell and/or taste



Shortness of breath or difficulty breathing



Fever or chills

C

Confirm that you have COVID-19 with your healthcare professional

If you have any COVID-19 symptoms or test positive, **talk to your healthcare professional right away.**

If you do not have symptoms but think you've been exposed to COVID-19, wait at least 5 full days after exposure and then test for COVID-19 infection.¹⁴



If you have COVID-19, **do not delay.** Even if your symptoms are mild, treatment must be started within days after you first develop symptoms to be effective.¹⁵



If you find it hard to breathe, get **immediate medical attention.**¹⁶

T

Talk to your healthcare professional about treatment options



Treatment options for COVID-19 can be discussed to see if one is right for you.¹⁵



These treatments must be taken within days if you begin having symptoms.¹⁵



This is why it is so important to contact your healthcare professional as soon as possible.¹⁵

References

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