



Promoting the health and welfare of people with developmental disabilities
wherever they choose to live, work and spend their day.

Down Syndrome and COVID-19

What do we know?

- Per DODD MUI data, there have been 5 people with Down Syndrome (9.09%) that have died of COVID-19. They ranged in age from 51-62 years.
- One recent study published in [Annals of Medicine](#) focused on adults with Down Syndrome and COVID-19.
- It found people with Down syndrome have 10 times the risk of dying from COVID-19 compared to those without the disability.
- The study also found a fourfold increased risk of coronavirus-related hospitalizations for those with Down syndrome.



Why are people with Down Syndrome at a greater risk?

People with Down Syndrome may have more than one health problem. These may include:

- Certain heart problems
- Chronic respiratory problems
- History of severe respiratory infections
- Asthma
- Obstructive Sleep Apnea
- Immune issues

People with Down Syndrome may learn differently.

They may be unaware or unable to express if they are not feeling well or if they are ill.

People with Down Syndrome may also have a difficult time social distancing or may have a difficult time wearing a mask.



[Watch](#) Kari Jones, President and CEO of Down Syndrome Association of Central Ohio, and Alex talk about staying protected.

What Can We Do?

- Always wear a mask and wash your hands.
- Help people you support with practicing good hygiene.
- Talk about the importance of staying safe.
- Get people comfortable with wearing a mask or face shield. Learn more: [Teaching How to Tolerate a Temporary New Normal](#).
- Routinely monitor oxygen levels so you know what is abnormal for the person you work with.
- Help the person set a regular schedule. People with Down syndrome may be very sensitive to sudden changes to their routine and environment.
- Encourage a healthy, balanced diet.
- People with Down Syndrome may feel more anxious at this time. They may also notice if others are anxious or upset. Using calming strategies, such as taking a walk or using breathing techniques, can be helpful.
- Continue to support the person in getting routine medical care.
- Watch for updates from your local or national Down Syndrome organizations regarding COVID-19.

Monitor for the symptoms

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- Loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Low Oxygen (Pulse Ox)

Reach out to a doctor or medical professional if you have questions or concerns.

To learn more:

Read the National Down Syndrome Association's [Q&A on COVID-19 and Down Syndrome](#)

SLOW THE SPREAD OF COVID-19

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



Wear a mask
in public spaces



Stay at least 6 feet
from other people



Frequently wash
your hands