


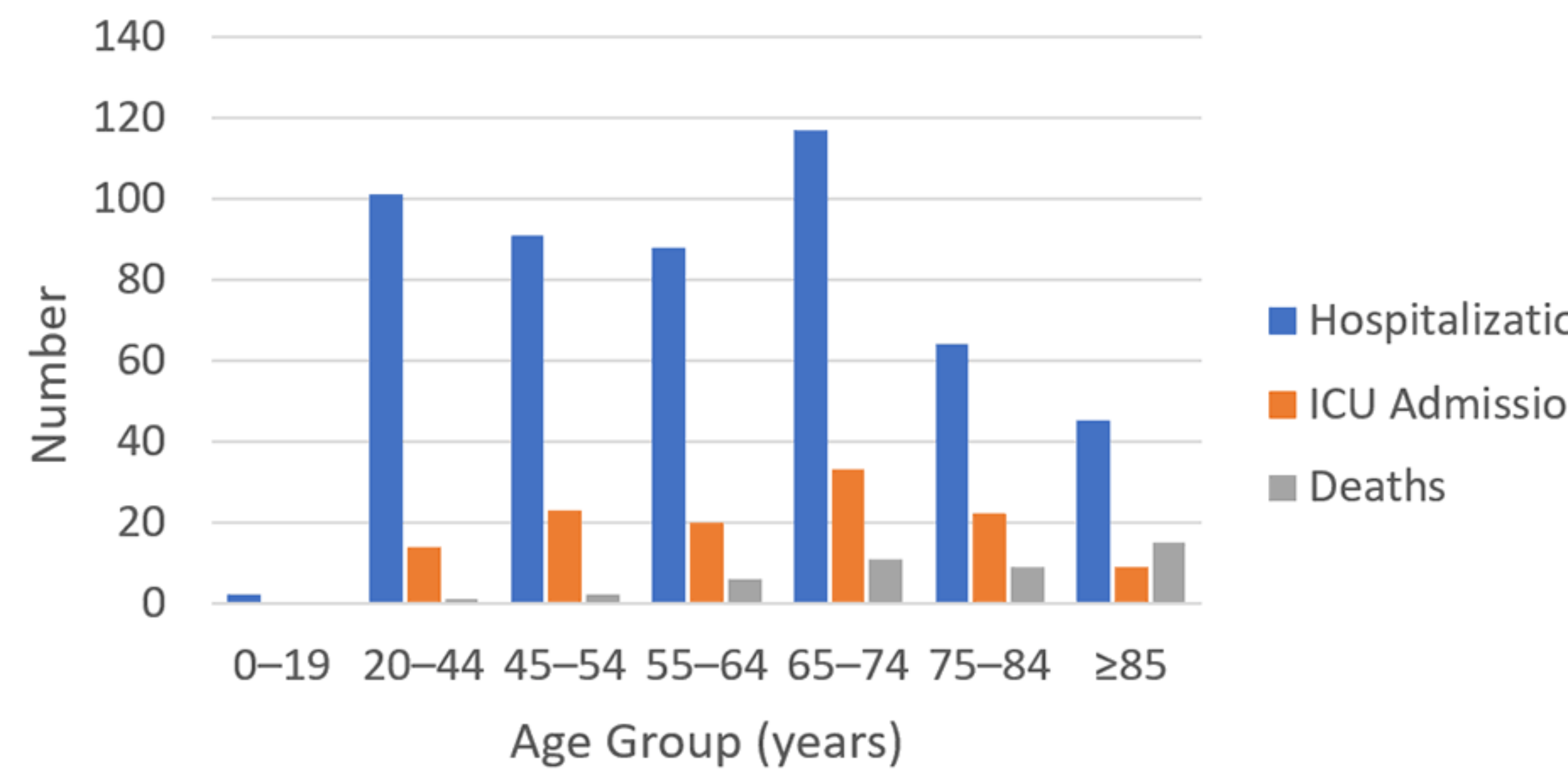
Coronavirus Disease 2019 (COVID-19)

Older Adults

 Older Adults, 65 Years and Older, Are at Higher Risk for Severe Illness

US Hospitalizations, ICU Admissions, and Deaths from COVID-19

February 12–March 16, 2020



Severe Outcomes Among Patients with Coronavirus Disease 2019 (COVID-19) — United States, February 12–March 16, 2020. MMWR Morb Mortal Wkly Rep. ePub: 18 March 2020. DOI: <http://dx.doi.org/10.15585/mmwr.mm6912e2>

COVID-19 is a new disease and we are learning more about it every day. Older adults are at higher risk for severe illness from COVID-19.

8 out of 10 deaths reported in the U.S. have been in adults 65 years old and older

Among adults with confirmed COVID-19 reported in the U.S.:

- Estimated percent requiring hospitalization
 - 31-70% of adults 85 years old and older
 - 31-59% of adults 65-84 years old
- Estimated percent requiring admission to intensive care unit
 - 6-29% of adults 85 years old and older
 - 11-31% of adults 65-84 years old
- Estimated percent who died
 - 10-27% of adults 85 years old and older
 - 4-11% of adults 65-84 years old

What you can do

- If you have a serious underlying medical condition
 - Wash your hands often.
 - Avoid close contact (6 feet, which is about two arm lengths) with people who are sick.
 - Put distance between yourself and other people if COVID-19 is spreading in your community.
 - Clean and disinfect frequently touched services.
 - Avoid all cruise travel and non-essential air travel.
 - Call your healthcare professional if you have concerns about COVID-19 and your underlying condition or if you are sick.
 - For more information on steps you can take to protect yourself, see CDC's [How to Protect Yourself](#)

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call

- 911
- Substance Abuse and Mental Health Services Administration’s (SAMHSA’s) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)

- Older people are at higher risk for severe illness from COVID-19 which may result in increased stress during a crisis.
- Fear and anxiety about the COVID-19 pandemic can be overwhelming and cause strong emotions.
- Learn more about [stress and coping](#).

Things you can do to support yourself

- Take breaks from watching, reading, or listening to news stories and social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- **Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.**

Other Resources

[If you are at higher risk](#)

[If you are sick](#)

[How to prepare](#)

[Symptoms & testing](#)