**SomarMed COVID and the Elderly**

Older adults and people of any age who have serious [underlying medical conditions](https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html) may be at higher risk for more serious complications from COVID-19.  Based upon available information to date, those most at risk include

* People 65 years and older
* People who live in a nursing home or long-term care facility
* People of any age with the following underlying medical conditions, particularly those that are not well controlled
  + Chronic lung disease or asthma
  + Congestive heart failure or coronary artery disease
  + Diabetes
  + Neurologic conditions that weaken ability to cough
  + Weakened immune system
  + Chemotherapy or radiation for cancer (currently or in recent past)
  + Sickle cell anemia
  + Chronic kidney disease requiring dialysis
  + Cirrhosis of the liver
  + Lack of spleen or a spleen that doesn’t function correctly
  + Extreme obesity (body mass index [BMI] >40)

**You can help stop the spread of COVID-19 by taking these actions:**

* Practice social distancing (2 metres apart)
* Cover your cough (using your elbow is a good technique)
* Avoid people who are sick
* Clean your hands often using soap and water or alcohol-based hand sanitizer
* Regularly sanitize counters and tables both in work and at home