



# COVID19 and Down syndrome

## Medical Overview

April 17, 2020 | Brian Chicoine, MD

 Advocate Health Care

We are  AdvocateAuroraHealth

# The Adult Down Syndrome Center

- Opened in 1992
- 6000+ adolescents and adults served
- 7000+ patient encounters per year

# Risk

- We don't clearly know what the risk is for people with DS
- Susceptibility to respiratory infections and (very) limited data from a previous large influenza outbreak suggest increased risk
- My advice is be conservative

# CDC: risk factors

- Age- > 65 -effect of early aging?
- Nursing home or long-term care facility (residential facilities)--Staff in and out
- Chronic lung disease
  - More susceptible to respiratory infections
- Serious heart conditions
  - Mild residual-probably not
- Immunocompromised (DS?)

# Risk factors, continued

- Obesity- particularly BMI >40
- Diabetes
- People with DS don't seem to be at higher risk:
  - Kidney disease requiring dialysis
  - Liver disease
- Sleep apnea??

# Minimize risk

- Handwashing, physical distancing, etc
- Work
- Residential facilities

# Supporting people with Down syndrome

- Structure/routine
- Physical activity- outdoors
- Sleep- including routine
- Healthy eating
- Visuals
  - Calendars, Schedules, Pictures, Videos

# Resources

<https://adsresources.advocatehealth.com>

The screenshot shows the website's search results for 'covid'. At the top, the Advocate Medical Group logo and name are displayed. A search bar contains the text 'covid'. Below the search bar is a navigation menu with links for Resources, Media Gallery, Events, Classes & Programs, Related Organizations, Projects, and About the Center. A large banner image shows a person reading a book, with the text 'Search our Resources' and 'For people with Down syndrome, family members, caregivers and professionals.' Below the banner, the breadcrumb 'Home > Search' is visible. A 'Navigate' section lists categories: People With Down Syndrome, Families and Caregivers, and Health Care Professionals. A 'Narrow Results' button is also present. The search results section shows 'Home > covid' and a button to 'Review our COVID-19 Resources'. A 'Sort By' dropdown is set to 'Best Match'. The page number 'Page 1 of 1' is shown. The search result for 'COVID-19 Resources' is displayed, with the author listed as 'Adult Down Syndrome Center - Resource List'.

Advocate Medical Group  
Adult Down Syndrome Center

Contact | FAQ | News

Search: covid

MENU

Resources | Media Gallery | Events, Classes & Programs | Related Organizations | Projects | About the Center

**Search our Resources**  
For people with Down syndrome, family members, caregivers and professionals.

Home > Search

**Navigate**

Use these links to see **all** resources for an audience

- People With Down Syndrome
- Families and Caregivers
- Health Care Professionals

**Narrow Results**

Home > covid

[Review our COVID-19 Resources](#)

Sort By: Best Match

Page 1 of 1

**COVID-19 Resources**  
Author: Adult Down Syndrome Center - Resource List