

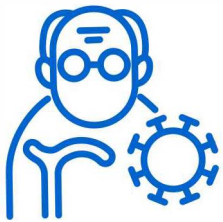
# Protect the Ones You Love, and Who Love You

Keep Older Adults Safe from COVID-19 During the Winter Holidays



**This winter is an especially dangerous time for older people because of the COVID-19 virus.**

- **Did you know?** 93% of the 1 million U.S. residents who have died from COVID-19 were over the age of 50.<sup>1</sup>



**If older adults get COVID-19, they are much more likely than younger people to be hospitalized or die.**

- **Did you know?** Adults 65–74 are 60 times more likely to die, if they get COVID-19, than are young adults (ages 18–29). Adults over 85 are 340 times more likely.
- Adults 65–74 are roughly 5 times more likely to be hospitalized, if they get COVID-19 than are young adults (ages 18–29). Adults over 85 are roughly 15 times more likely.<sup>2</sup>



**Vaccines greatly reduce an older person's risks of getting a severe case of COVID-19.**

- **Did you know?** By being fully vaccinated, older adults reduce their chances of being hospitalized<sup>3</sup> by 94% if they get COVID-19.



**The greatest risk of infection comes from family members and friends who visit indoors and don't know they have COVID-19.**

- **Did you know?** Even if you are fully vaccinated, it is still possible, but less likely for you to get and transmit COVID-19 to family and friends. The virus is spread primarily through the air. Therefore, everyone needs to be especially careful around unvaccinated older adults.



**Protect the ones you love, and who love you!**

- Recommend and help your family and older friends to get vaccinated or get a booster shot.
- If you visit with family, friends, and other people, it is safest to do so in open air spaces or well-ventilated spaces.
- Wear masks indoors, especially if you are around unvaccinated people.
- If you are not fully vaccinated, don't endanger your loved ones: avoid close contact indoors unless you wear masks.

ORGANIZATION

PHONE

WEBSITE

 RESILIENT AMERICAN COMMUNITIES

 BellAge

<sup>1</sup> <https://www.cdc.gov/nchs/nvss/vsrr/COVID19/index.htm>

<sup>2</sup> <https://www.cdc.gov/coronavirus/2019-ncov/covid-data/investigations-discovery/hospitalization-death-by-age.html>

<sup>3</sup> <https://www.cdc.gov/media/releases/2021/p0428-vaccinated-adults-less-hospitalized.html>