1. What is my, or my loved ones, likelihood of surviving COVID-19?

The most important predictors of survival are age and pre-existing conditions.

**AGE\(^1\)**

<table>
<thead>
<tr>
<th>AGE</th>
<th>DEATH RATE</th>
<th>DEATH RATE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Confirmed Cases</td>
<td>All Cases</td>
</tr>
<tr>
<td>80+ years old</td>
<td>21.9%</td>
<td>14.8%</td>
</tr>
<tr>
<td>70-79 years old</td>
<td>8.0%</td>
<td></td>
</tr>
<tr>
<td>60-69 years old</td>
<td>3.6%</td>
<td></td>
</tr>
</tbody>
</table>

**PRE-EXISTING CONDITIONS\(^2\)**

<table>
<thead>
<tr>
<th>PRE-EXISTING CONDITION</th>
<th>DEATH RATE</th>
<th>DEATH RATE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Confirmed Cases</td>
<td>All Cases</td>
</tr>
<tr>
<td>Heart disease</td>
<td>13.2%</td>
<td>10.5%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>9.2%</td>
<td>7.3%</td>
</tr>
<tr>
<td>Chronic lung disease</td>
<td>8.0%</td>
<td>6.3%</td>
</tr>
<tr>
<td>High Blood Pressure</td>
<td>8.4%</td>
<td>6.0%</td>
</tr>
<tr>
<td>Cancer</td>
<td>7.6%</td>
<td>5.6%</td>
</tr>
<tr>
<td>no pre-existing conditions</td>
<td></td>
<td>0.9%</td>
</tr>
</tbody>
</table>

**Determine your risk level:**

- **Highest:** > age 80 AND 1 or more chronic conditions
- **High:** age 70 – 79 AND 1 or more chronic conditions
- **Moderately high:** age > 60 AND/OR 1 or more chronic conditions

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\(^1\) https://www.worldometers.info/coronavirus/coronavirus-age-sex-demographics/

\(^2\) https://www.worldometers.info/coronavirus/coronavirus-age-sex-demographics/
2. **What are the symptoms?**

Symptoms progress from onset of mild to difficulty breathing within an average of 5 days and Acute Respiratory Distress Syndrome (ARDS) in 8 days.

**Early symptoms may include:**
- Fever
- Cough
- Shortness of breath

**Serious symptoms:**
- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

Call your physician to determine whether you should get tested

3. **What is my likelihood to survive?**

Most COVID-19 hospitalizations are due to problem breathing
- Up to 32% end up in the intensive care unit (ICU) and up to 15% die.\(^3\)

In general, even in the absence of COVID-19, of people older than 66 years who stay in the ICU over 14 days on mechanical ventilation, only 19% were discharged home directly from the hospital
- 40% died within 12 months of discharge from the ICU
- The surviving patients had severe and persistent functional dysfunction and cognitive impairment, including inability to problem solve and memory loss.\(^4\)

**DECISION POINT**

**Based on my risk level I want to be treated at:**

- Home with palliative care or hospice for symptom management to maintain comfort
  - **Advance Directives completed?**
    - Yes / type:
    - No
  - **POLST/MOLST completed?**
    - Yes / type:
    - No

- Hospital for symptom management to maintain comfort if available
  - **Advance Directives completed?**
    - Yes / type:
    - No
  - **POLST/MOLST completed?**
    - Yes / type:
    - No

- Hospital for full life saving measures if available

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\(^3\) [https://www.worldometers.info/coronavirus/coronavirus-death-rate/#hfr](https://www.worldometers.info/coronavirus/coronavirus-death-rate/#hfr)