



**Trisomy 21 research society (T2iRS) recommendations to protect individuals with Down syndrome against COVID-19:**

Down syndrome is a highly variable condition and everyone is different. However, overall, people with Down syndrome have fewer cells providing active surveillance in the immune system. We also know that people with Down syndrome may mount immune responses more slowly than the general population, and it is possible that this is more pronounced with ageing (as in the general population).

Therefore we offer **three recommendations** for those with Down syndrome, their carers and clinicians:

1. Avoid exposure as much as is possible through social distancing. Everyone with Down syndrome with significant additional health issues should be self-isolating if possible.
2. Ensure equitable access to healthcare and treat people with Down syndrome the same as all others
3. If there is any doubt about a change in the health of someone with Down syndrome, seek clinical advice immediately.