

People at moderate (clinically vulnerable) and or high risk (clinically extremely vulnerable) include:

- ❖ Those over 80 years of age
- ❖ Residents of nursing homes
- ❖ Those aged 66 to 80 years with one of the following chronic diseases, OR aged 50 to 65 years with two or more of the following chronic diseases:
 - cardiovascular disease (other than well-regulated high blood pressure)
 - morbid obesity (BMI ≥ 30 kg/m² in combination with weight-related diseases or BMI ≥ 40 kg/m²)
 - diabetes
 - chronic kidney disease and kidney failure
 - chronic lung disease (other than well-regulated asthma)
 - chronic liver disease
 - in immunosuppressive therapy such as chemotherapy, radiation therapy and immunosuppressive therapy in autoimmune diseases.
- ❖ Those with severe health condition, regardless of age*:
 - people with active cancer, ongoing or recently discontinued treatment for cancer (especially immunosuppressive therapy, radiation therapy to the lungs or chemotherapy). Leukaemia has a higher risk than other types of cancer
 - neurological or muscular disease with impaired coughing strength or lung function (e.g. ALS)
 - congenital immunodeficiency in an unstable phase that carries the risk of severe respiratory tract infections
 - blood disorders that include cells or organs that are important for the immune system
 - bone marrow transplant or organ transplant
 - HIV infection with low CD4 counts
 - significant renal impairment or significantly impaired liver function
 - other, assessed by a physician.

*Some serious health conditions in this list are included due to a precautionary principle, although at present there are no studies indicating a higher risk of severe progression for the diseases.

People at slightly increased risk include those:

- ❖ Aged 65–80 years (especially over 70)
- ❖ Aged 50–65 years with one of the following chronic diseases:
 - cardiovascular disease (other than well-regulated high blood pressure)
 - morbid obesity (BMI ≥ 30 kg/m²) in combination with weight-related diseases or BMI ≥ 40 kg/m²)
 - diabetes
 - chronic kidney disease and kidney failure
 - chronic lung disease (other than well-regulated asthma)
 - chronic liver disease

- in immunosuppressive therapy such as chemotherapy, radiation therapy and immunosuppressive therapy in autoimmune diseases.
- ❖ People under 50 years of age have a lower risk of developing severe COVID-19 disease. However, some people with poorly-regulated chronic conditions or a combination of several chronic diseases might be at increased risk.

Moderate of high clinical vulnerability	Slightly increased clinical vulnerability
Low-level spread (current situation)	
<u>Increase physical distancing</u> ▪ You can be with your closest circle as normal, and travel and socialise with others as long as: ○ you and your closest circle are particularly careful to follow general advice, keeping a safe distance and good hand hygiene and cough etiquette ○ you limit your number of close contacts ○ you avoid crowded places (e.g. public transport, shopping malls) or only go to such places when they are quieter. ▪ Workplace planning and adjustment may be appropriate.	<u>Live like others</u> ▪ You can generally live like the rest of the population, travel, work and attend events, but be particularly careful to follow the general advice: ○ keep the recommended distance to people, apart from your closest circle ○ remember hand hygiene and cough etiquette ○ stay home when you are ill ○ avoid being with people who are sick. ▪ Consider whether you will be able to follow these measures before travelling or participating in social activities.
Widespread transmission or community outbreaks	
<u>Social shielding</u> ▪ To avoid infection, you should withdraw during this period. You can go outside and maintain normal contact with your closest circle as long you: ○ keep a greater distance from others (preferably 2 metres) than your closest circle ○ ask others to help you with necessary purchases ○ your closest circle should also limit their social contact. If not, you should keep a safe distance to them. If this is not possible, it might be necessary to consider other temporary housing arrangements. ▪ If workplace adjustments or remote working is impossible, sick leave should be considered.	<u>Increase social distancing</u> ▪ You can be in normal contact with your closest circle, and travel and socialise with others as long as: ○ you and your closest circle are particularly careful to follow general advice, keeping a safe distance and follow good hand hygiene and cough etiquette. ○ you limit your number of close contacts ○ you avoid crowded places (for example, public transport, shopping malls) or only go to such places when they are less busy ▪ Workplace planning and adjustment may be appropriate.

Employees in risk groups

Employees in risk groups are advised to talk to their employer about the possibility of remote working and videoconference facilities. Sick leave is not recommended unless workplace adjustment or remote working is not possible. The advice for the specific groups is as follows:

- Aged over 65 years - It is particularly important to shield this group from infection. The need for shielding applies especially to people with underlying chronic conditions.
- Aged 50-65 years - This group has a lower risk of severe disease than people over the age of 65. People with chronic conditions may be at increased risk of severe disease, but the risk is expected to be limited if their condition is well regulated. The need for shielding for COVID-19 infection should therefore be considered on an individual basis.
- Aged under 50 years - The risk of severe COVID-19 disease is low in this group. Further shielding is usually not necessary but may be appropriate for people with chronic conditions that are poorly regulated or with multiple chronic conditions.

Living with a person who is at high risk

Advice is also provided to someone who has developed symptoms and lives with a person who is at higher risk. This includes:

- If you live with someone who is at risk, and you have symptoms of a respiratory tract infection or do not feel well, then you should limit time spent together.
- If possible, stay and sleep in separate rooms and have your own bathroom or toilet.
- If this is not possible, try to keep your distance and have a separate towel in the bathroom or toilet and your own toiletries.