



## PROTECT VULNERABLE & HIGH RISK GROUPS

COVID-19 is often more severe in people who are older than 60 years or who have health conditions like lung or heart disease, diabetes or conditions that affect their immune system. If you're at high risk, know what to do, and take the right actions now to protect yourself. If you're not at high risk, remember that low risk isn't no risk. Follow this advice to protect yourself and others from the new coronavirus.

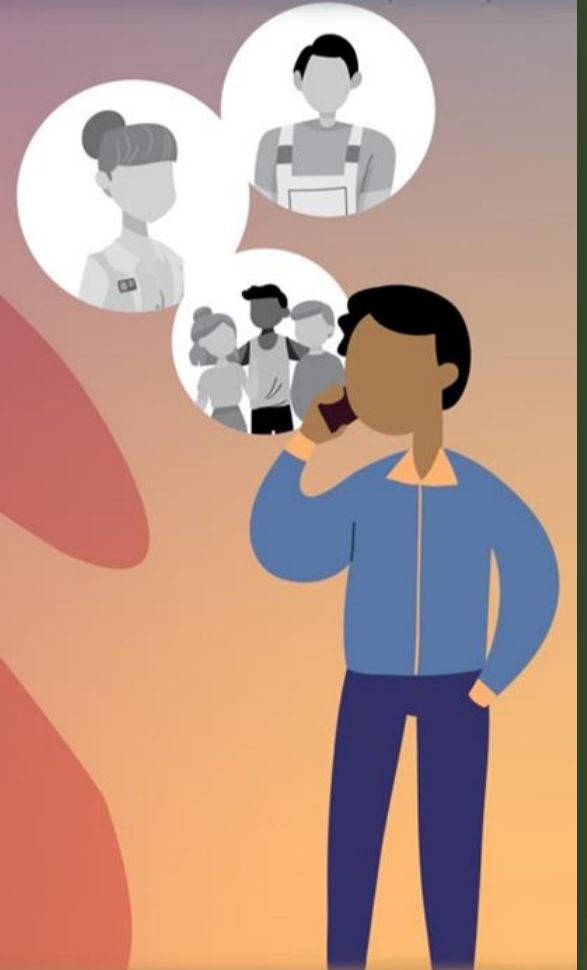
### You can help protect friends and family who are at higher risk of severe #COVID19:

- Practice good hand and respiratory hygiene
- If you have symptoms, like fever or cough, avoid close contact with those at higher risk of severe infection
- Be supportive and communicate by phone or messaging
- Run errands for those at higher risk and help them stock up on their regular medications, supplies and non-perishable food\* – avoid entering their home and keep a distance of at least 1m
- Postpone social gatherings – make it virtual or pick up the phone!



### If you are at higher risk of severe COVID-19, prepare now:

- Plan ahead with your doctor on when to seek routine care (e.g. at off-peak hours) and what to do if you were to get sick
- Make sure all your vaccinations are up to date
- Have sufficient quantity of your regular medication, non-perishable food and other supplies to minimize trips outside your home\*
- Limit in-home services and visitors to what is essential – only people that are healthy should visit
- Keep up to date on national public health advice



### If you are at higher risk of severe COVID-19, protect yourself:

- Wash your hands often
- Clean and disinfect frequently touched objects and surfaces
- Avoid touching your eyes, nose and mouth
- Keep a distance of 1m from others, and avoid crowded spaces
- Avoid close contact with anyone who has fever or cough
- Maintain a healthy routine – e.g. exercise daily and eat nutritious food



**World Health Organization**

### If you are at higher risk of severe COVID-19 and you experience symptoms of fever, cough, fatigue and/or difficulty breathing:

- Seek medical care immediately
- If you are asked to return home, follow the advice of your healthcare provider

