

Information on Groups at Risk of COVID-19 Infection

An infection with the new Coronavirus is more dangerous for some people than for others. In most cases, the disease leads to only mild symptoms and is not life-threatening for the majority of people. Pregnant woman and children also do not appear to be at a greater risk of developing a serious form of the disease.

Who belongs to the group most at risk?

The following groups are at greater risk of suffering from a more severe form of the disease or even death:

- People aged 60 or above, with the risk increasing with age
- People with pre-existing medical conditions, e.g.,
 - High blood pressure
 - Diabetes
 - Lung diseases, e.g. COPD
 - Cancer
 - People with weakened immune systems
 - Other medically related immune deficiencies.
- People with an underlying medical condition are particularly at risk

What can I do if I belong to one of the groups at risk?

- DO NOT offer to care for your grandchildren
- Reduce contact with other people as much as possible or attempt to carry out interpersonal contact via telephone or other methods of communication
- Avoid using public transport (especially during rush hour)
- Avoid large gatherings of people

- Avoid standard greeting rituals, e.g., kissing, hugging
- Keep your distance from other people
- Ask other people (family, friends, neighbours, etc.) to do your errands
- Be especially careful with members of your household or family who have a lot of external contacts

As a healthy person, what can I do to help support groups most at risk of infection?

It is essential to adhere to the hygiene guidelines even if you do not belong to a risk group. Even though the disease is not directly dangerous for you, hygiene can help protect groups at risk and slow the spread of the virus.

- Avoid normal greeting rituals
- Avoid large gatherings of people
- Only visit those in the high-risk groups, e.g., nursing homes, if absolutely necessary
- Offer to help, e.g., go shopping for those at risk in your neighbourhood or family members
- Do not visit hospitals