

RISK COMMUNICATION GUIDANCE

OLDER ADULTS AND PEOPLE WITH UNDERLYING MEDICAL CONDITIONS

The virus that causes COVID-19 infects people of all ages. However, evidence to date suggests that two groups of people are at a higher risk. These are older people (that is people over 60 years old); and those with underlying medical conditions (such as cardiovascular disease, diabetes, chronic respiratory disease, and cancer). WHO has issued advice for these two groups and WHO emphasizes that all people must protect themselves from COVID-19, which will also protect other.



When you have visitors to your home, exchange “2 metre greetings”, like a wave, nod, or bow.



Ask visitors and those you live with to wash their hands.



Regularly clean and disinfect surfaces in your home, especially areas that people touch a lot.



If someone you live with isn't feeling well (especially with possible COVID-19 symptoms), limit your shared spaces.



If you become ill with symptoms of COVID-19, call 1700 (or +354 544 4113 for foreign phone number). In case of emergency call 112. Please do not visit any clinic or hospital.



Make a plan in preparation for an outbreak of COVID-19 in your community.



When you go out in public, follow the same preventative guidelines as you would at home.