

Novel coronavirus SARS-CoV-2 infection – Guidance for high-risk groups

Based on the available scientific data on novel coronavirus SARS-CoV-2, elderly people as well as individuals of any age with underlying chronic diseases (e.g. chronic respiratory conditions, malignancies, etc), belong to groups that are in high-risk of developing a severe condition and complications.

Therefore, people in high risk groups must systematically implement all measures for preventing the transmission and spread of the novel coronavirus. If you belong to a high-risk group, you should do the following:

- Avoid contact with persons who show signs and symptoms of a respiratory infection.
- Avoid all unnecessary travels, particularly to areas or countries with confirmed virus spread in the community.
- Implement hand hygiene and avoid touching your own face with your hands (eyes, nose, mouth)
- Adhere to chronic medication regimen (if available) and to your doctors' advice.
- Avoid gatherings and events, unless necessary.
- Contact your doctor immediately in case you develop symptoms of respiratory infection; seek medical evaluation.
- Avoid visits to patients in hospitals.
- Avoid visits to healthcare units without serious reason.