



Advice for people at higher risk from COVID-19

Who's at higher risk?

You are at higher risk of serious illness from COVID-19 if you:

- are aged 75 or over, even if you're fully vaccinated
- are aged 65 or over and have a health condition that puts you at higher risk, even if you're fully vaccinated
- are aged 65 or over and you're not fully vaccinated
- are immunocompromised and have a weak immune system
- have a health condition that puts you at higher risk and you're not fully vaccinated

There is a full list of conditions that put you at higher risk on [hse.ie](https://www.hse.ie)

Advice for keeping well if you're at higher risk:

1. Make sure you're up-to-date with all your recommended vaccines, including your COVID-19 vaccines and boosters and your flu vaccine.
2. Act quickly if you have symptoms of COVID-19 – stay at home and take a test if one is recommended for you.
3. Keep a list of any medicines you are taking regularly.
4. Protect yourself day to day – wear a face mask, especially in crowded areas, wash your hands and let fresh air into your home.
5. If possible, stay away from people who have symptoms of respiratory illnesses and ask visitors to your home to delay their visit if they're not feeling well.

When to see a doctor

You should contact a doctor urgently if you are at higher risk and you have COVID-19 symptoms or you have a positive COVID-19 PCR or antigen test.

Treatments for COVID-19

Some people who are at higher risk from COVID-19 may be recommended anti-viral medication which can be effective within 5 days of onset of illness.

If your doctor decides that treatment is right for you, you'll start treatment as soon as possible.

If COVID-19 treatment is not recommended for you, your doctor will provide you with the care that is right for your condition and symptoms.

Treatment for COVID-19 is free of charge through the HSE if it is recommended for you.

Further information

For more information on COVID-19 vaccines, testing and treatment, please visit www.hse.ie or call HSELive on 1800 700 700.