



Advice for people at higher risk from COVID-19

January 2023

Partner Pack



Rialtas na hÉireann
Government of Ireland

Advice for people at higher risk from COVID-19

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 are 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 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.

Contact your GP or doctor urgently if you are at higher risk of getting seriously ill from COVID-19 and:

- you have COVID-19 symptoms, or
- you have a positive PCR or antigen COVID-19 test

Some people at higher risk of serious illness may be recommended anti-viral medications. Some treatments work best when given quickly so the sooner you start treatment, the better.

Treatments for COVID-19

Treatments available may not suit everyone. If your doctor decides that treatment is right for you, you'll start any recommended treatment as soon as possible.

[Download leaflet on Advice for people at higher risk from COVID-19](#)

Media

A press and social media campaign is live providing information for people at higher risk of serious illness from COVID-19. As well as providing advice on how to stay well this winter it reminds anyone at higher risk to visit their GP or doctor urgently if they have symptoms of COVID-19 or a positive test result.

Treatments may be available to people in this category. Some treatments work best when given quickly so the sooner treatment starts, the better.

Press: Full page newspaper ads ran in all national papers on Monday, January 23rd and local papers over the course of the week.(see below).



Coronavirus COVID-19 Public Health Advice

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.

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Social media

Sample message:

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

Some people who are at higher risk from COVID-19 may be recommended anti-viral medications. Treatment for COVID-19 is free of charge through the HSE if it is recommended for you.

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

To find out if you are at higher risk or for information on the treatments available, visit [hse.ie](https://www.hse.ie) #COVID19



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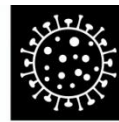


More information: [Treatment for people at higher risk from COVID-19](#)

Social Media Images



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treatments

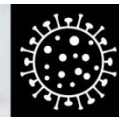


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Further Information

You can find further information for people at higher risk of serious illness from COVID-19 including how best to protect yourself and what to do if you have symptoms of COVID-19 [here](#).

You can download a leaflet for people at higher risk from COVID-19 [here](#).

Keeping up to date with your vaccines is the most important thing you can do to avoid serious COVID-19 illness.

You can find factual, updated information about COVID-19 vaccines on www.hse.ie/covid19vaccine.

You can phone our team in HSELive on 1800 700 700.

You can email HSElive at hselive@hse.ie

Remote sign language interpretation can be arranged by appointment.

Downloadable information materials on the vaccines in English and Irish are available on www.hse.ie/covid19vaccinematerials

Vaccine information is also available on this website in:

- 13 languages - resources include leaflets plus some videos and posters
- Easy-Read format
- Irish Sign Language
- Audio, large print and braille

**Please share with your
networks**

Thank you



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