



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
- you are immunocompromised and have a weak immune system
- have a health condition that puts you at higher risk and you're not fully vaccinated

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

Your GP or hospital consultant and their team may recommend treatment for you. Some treatments work best when given quickly so the sooner you start treatment, the better.

How to reduce your risk of serious illness

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.

For current advice on vaccines and COVID-19 tests, visit [hse.ie](https://www.hse.ie).

Treatment for COVID-19

Some people who are at higher risk of becoming seriously ill from COVID-19 may be recommended treatments. Treatments are for higher risk people who:

- ✓ have symptoms of COVID-19 that started within the last 5 days,
- ✓ have had a positive PCR or antigen COVID-19 test within the last 5 days, and
- ✓ are aged 12 or over and weigh at least 40kg (6.3 stone)

Treatments available include Paxlovid, an oral medicine taken as tablets. Paxlovid is only suitable for people aged 18 or over. It can be prescribed by your GP and provided by pharmacies.

You may also be considered for Paxlovid if you are:

- vaccinated and aged 75 or over
- vaccinated and aged 65 or over with additional risk factors

Other medicines are available for people in hospital. You'll be told by your doctor or consultant if these medicines are for you.

Starting COVID-19 treatment

If your doctor decides that treatment is right for you, you'll start any recommended treatment as soon as possible. Your doctor and their team will give you more information and answer any questions you have.

They may ask what other medicines you take, including any herbal remedies, vitamins or supplements. It is really helpful if you keep a list of any medicines you take regularly, for your GP or pharmacist to review.

Treatments available may not suit everyone. 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 7000**.



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