

## Annex 6

# Routine distancing guidelines : Older people and high-risk groups

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#### 1 General instructions for older people and high-risk groups

- Older people and high-risk groups with relatively weak immune system are at greater risk of severe or fatal COVID-19 and should take extra precautions to protect themselves from the virus.
  - People aged 70 and above account for more than 60% of severe and fatal COVID-19 cases in Korea and two out ten patients aged 80 and older die of the disease (fatality rate: 24.33%, as of 00:00 April 30 2020).
- Relatives and caregivers who have respiratory symptoms or feel sick should refrain from visiting older people and high-risk groups.
- Those with chronic medical conditions are advised to take medications regularly and keep medical appointments.
  - Your chronic conditions may worsen if you discontinue the medications. Ask your doctor for extra supply of medications.
- Older persons who are 65 years and older must get vaccines they need, such as the pneumococcal vaccine.

#### 2 Stay at home.

- Refrain from going outside except to purchase groceries, get medical care or to go to pharmacies. Avoid a gathering or trip unless it's absolutely necessary.
- Do not invite others into your home or visit others' places.
- Try simple workouts at home to stay healthy and stop smoking or drinking alcohol.

#### 3 Contact a public health center and visit a designated hospital if you feel unwell.

- If you have a sustained fever (temperature of 38°C or above) or severe respiratory symptoms (coughs, sore throat, runny nose, etc.), 1) contact the call center (dial to 1339 or area code + 120) or a public health center, or 2) visit a designated hospital for treatment.
- Wear a face mask and use your own car if possible when visiting a hospital.
  - Those who cannot remove a mask without assistance or have trouble breathing with a mask should not wear a mask.

#### 4 Follow the advice below if you have to go outside.

- Avoid crowded, closed or poorly ventilated places. Wear a face mask if you have to go to such places.
- Stay 2 meters away from each other. Stay away from a person who is sick.
- Avoid physical contact with others such as a handshake or hug.

- Avoid sharing food utensils or food with others. Bring your own spoon or napkin.

**5] Follow the advice below if you are under stress.**

- Avoid checking news constantly. Assign specific times of day to watching news. Too much news can lead to anxiety and depression.
- Check sources if you come across unverified information. Do not spread unfounded rumors. Do not immerse yourself in news media.
- Take good care of yourself.
  - Take deep breaths, stretch or meditate.
  - Eat healthy, well-balanced meals. Exercise regularly. Get enough sleep.
- Keep in touch with family members and friends.
  - Share your concerns and feelings with trusted people through phone and video calls.

**\* Older people aged 65 and over and high-risk groups**

- Underlying chronic disease: Diabetes, chronic kidney disease, chronic liver disease, chronic lung disease, chronic cardiovascular disease, hematologic malignancies, cancer patients undergoing anticancer therapy, patients taking immunosuppressive medication, patients with HIV, etc.
- Special conditions: People with severe obesity, pregnant women, dialysis patients, transplant patients, smokers
- Hospitalized patients: Patients with a oxygen saturation level below 90 who need oxygen therapy