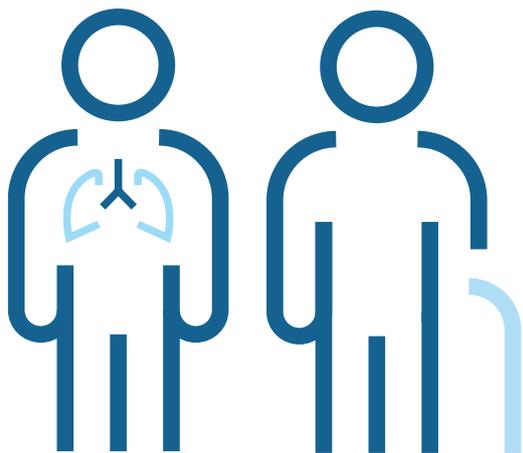


# Guidance for people at higher risk

In this guidance, we have gathered some recommendations for you if you are at higher risk of becoming severely ill from covid-19 and for your relatives.

22 June 2022



## Guidance for people at higher risk

The Danish Health Authority recommends that you take extra care of yourself, even if you have been vaccinated against covid-19. The vaccines offer good protection, especially against severe illness.

If, already before the outbreak of covid-19 in Denmark, you took special precautions in your everyday life to avoid becoming infected with other diseases (for example due to an impaired immune system), you should continue to do so.

### The Danish Health Authority's guidance for people at higher risk

- Accept the offer of revaccination if you are in target group of vaccination.
- Follow the Danish Health Authority's general guidance on how to prevent infection and ask others to be considerate.
- Consider using a facemask in public spaces if it makes you more safe.
- If you get symptoms of covid-19 and feel ill, you should take a test as soon as possible, as you may be in the target group for early treatment against covid-19. If your test is positive you should therefore contact your own doctor to hear about your treatment options.

### What does it mean to be at higher risk?

Most people who become infected with novel coronavirus will have a mild course of illness from which they recover without treatment.

Some people are at higher risk of becoming more severely ill if they get covid-19. These are people with certain conditions and illnesses. How high the increased risk is differs from person to person. It will, for example, depend on the disease(s) and/or condition(s) from which the persons in question suffers. Other factors may also be of importance. For example, it is well documented that age is of great importance to the risk of becoming severely ill from covid-19. Vaccination reduces your risk of becoming severely ill from covid-19.

If you get symptoms of covid-19, you should take a test as soon as possible, as you may be in the target group for early treatment against covid-19. You can do either a PCR-test or an antigen-test.

If your test is positive, you are recommended to contact your own doctor or out-of-hours medical service as soon as possible to hear about your treatment options. Read more about early treatment at [the Danish Health Authority's website](#) (in Danish only).

## Who are at higher risk of becoming severely ill from covid-19?

In the box below, you can see who are at higher risk of becoming severely ill.

### People who are at higher risk of becoming severely ill from covid-19

- **People aged 80 or above**  
You are at higher risk regardless of whether you are healthy or have chronic diseases and conditions.
- **People aged 65-79**  
Many healthy persons in this age group are not at higher risk, but if, for example, you have chronic diseases or reduced mental and physical health etc., you may be at higher risk.
- **People aged under 65**  
Very few people are at higher risk, but people in the age group with certain chronic diseases, chronic diseases that are difficult to control, overweight with a body mass index (BMI) of 35 or above, and/or who have a weakened immune system are thought to be at higher risk. For the majority of younger people in this group, the increased risk is lower, as age is an important factor in the risk of severe illness. This also means that younger people with an illness or condition should not compare themselves to older people who have the same or similar illness. They should instead compare themselves to healthy people of the same age.
- **Certain children and young people with chronic illness**  
Diseases and conditions that may result in a higher risk in adults cannot be compared directly to the risk in children. Children and young people who may have an increased risk are typically those who were already subject to special precautions before the outbreak of the covid-19 pandemic, for example special conditions in their attendance of school/daycare. These children have diseases or conditions that are typically monitored in special outpatient clinics. Even severely ill children will typically have a mild course of illness from covid-19.
- **Residents in nursing homes**  
Residents in nursing homes are at higher risk as they are often elderly and have chronic diseases, poor functional ability and fragile health.
- **Pregnant women**  
Pregnant women are considered to be at higher risk in order to protect both the pregnant woman and the unborn child.

If you are unsure whether you are at higher risk, please talk to your doctor.

For further details on who is at higher risk, including descriptions of the illnesses and conditions that are regarded as entailing a higher risk, see [People at higher risk if infected with covid-19 – Medical basis](#) (in Danish only).

### **Vaccination against covid-19**

People at higher risk who have received their third vaccine dose are generally well protected against severe illness from covid-19.

Some people with severely impaired immune systems may have insufficient effect from their previous vaccinations against covid-19 and have therefore been offered fourth dose of vaccination. These are mainly people with certain types of blood and bone marrow diseases, people with organ transplants, people receiving dialysis and people who have received treatment with special immunosuppressant's or who have undergone active chemotherapy. You can read more at [the Danish Health Authority's website](#).

### **The danish Health Authority's six general recommendations for how to prevent infection**

People at higher risk and their relatives are recommended to pay extra attention to following the Danish Health Authority's general recommendations.



By generally following the guidance on how to prevent infection both at home and in public spaces, the risk of infection is reduced.

Due to the change in seasons from winter to spring and the high vaccination coverage the current infection rate is relatively low in Denmark. You are still recommended to be cautious and keep your distance in public spaces. Pay special attention to keep your distance to people, who has symptoms, and you know are infected or at risk of being infected.

Additional to good hand hygiene and cleaning also remember to ventilate your home several times a day, approx. once every hour, if many people are gathered together.

### **Specific measures at the workplace**

Most people at higher risk can go to work as usual if the Danish Health Authority's guidance on how to prevent infection can be followed.

Therefore, as a general rule, you do not need to be transferred to another function or work from home, even if you have contact with many people on a day-to-day basis. This also applies to pregnant women. Your employer is responsible for ensuring that the working environment in your workplace is generally safe. You can talk to your employer about whether some changes should be made in relation to your work tasks or working conditions, so that infection is prevented as much as possible, and you can feel safe when you go to work.

If you work in the healthcare, social services or nursing care sector, it is important that you use the protective equipment recommended for the various tasks.

If you are at particularly higher risk and, for example, work at a place with a high risk of infection or have a combination of risk factors such as certain chronic diseases, severe obesity and pregnancy, it may be necessary to take special precautions. If necessary, you can contact your treating doctor at the hospital or your own doctor for a specific assessment of your risk at your workplace.

If you have doubts about workplace conditions and your rights etc., you can get advice from trade unions and similar organisations.

### **Are you a relative of someone at higher risk?**

If you are a relative of someone who is at a higher risk of becoming severely ill from covid-19, it is natural that you may be worried about infecting the person in question. You can do several things to protect your relative who is at higher risk.

#### **Guidance if you live with someone at higher risk**

Pay extra attention to following the Danish Health Authority's general guidance on how to prevent infection. Also help your relatives and other people you live with, including children, remember the recommendations. Read more about Danish Health Authority's general guidance [here](#).

If you get symptoms of covid-19, the Danish Health Authority does not generally recommend testing if you are not at higher risk yourself and if it is not of importance to any further treatment. If you are worried about whether you have covid-19, or would like to know because you live with someone at higher risk, you could consider taking a self-test. It is also still possible to book an appointment for a PCR test in the public testing system.

Even if you live together with someone who is at higher risk, you may participate in social activities; go to work, etc. like you usually do. Children can also attend school or daycare centre etc. and participate in play dates, children's birthday parties, leisure activities and the like.

If you are visiting a person who is at higher risk of severe illness it is recommended to be extra attentive to follow the Danish Health authority's general recommendations for how to prevent infection, including staying at home if ill. Read more on [General guidance - covid-19 - Danish Health Authority \(sst.dk\)](#).

### Want to know more?

If you have any questions about your illness or need a specific assessment of your own situation, please contact your own doctor or the doctor responsible for your treatment.

Many patient organisations also have information and advice on covid-19. If you are a person at higher risk, you also have the possibility of being vaccinated against influenza (October-January). You can read more at [the Danish Health and Medicines Authority's website](#).

You may also be part of the target group for vaccination against pneumococcal. You can read more [here](#) (Danish only) and find more information on vaccinations on [the Danish Health Authority's website](#).

You can read more in the Danish Health Authority's publications.

<p><b>People at higher risk if infected with covid-19 – Medical basis (in Danish only)</b></p> <p>Describes the medical basis for the definition of the diseases and conditions that are assessed as being connected with a potentially higher risk.</p>	<p><a href="https://sst.dk/da/Udgivelser/2020/Personer-med-oeget-risiko-ved-covid-19">sst.dk/da/Udgivelser/2020/Personer-med-oeget-risiko-ved-covid-19</a></p>
<p><b>Covid-19: Protect yourself and others</b></p> <p>Describes a number of general recommendations for how to protect yourself and others from infection, which have formed the basis of the recommendations in this information material.</p>	<p><a href="https://sst.dk/en/English/publications/2020/Protect-yourself-and-others">sst.dk/en/English/publications/2020/Protect-yourself-and-others</a></p>
<p><b>If you test positive for covid-19</b></p> <p>Describes what to do if you test positive and are confirmed to be infected with novel coronavirus.</p>	<p><a href="https://sst.dk/en/English/Corona-eng/Symptoms_tested-positive-or-a-close-contact/If-you-test-positive-for-COVID-19">sst.dk/en/English/Corona-eng/Symptoms_tested-positive-or-a-close-contact/If-you-test-positive-for-COVID-19</a></p>
<p><b>Early treatment of covid-19 (in Danish only)</b></p> <p>Describes who is in the target group for early treatment and provides answers to questions about early treatment.</p>	<p><a href="https://sst.dk/da/corona/Hvis-du-har-symptomer_-er-syg-eller-smittet/Hvis-din-test-er-positiv/Tabletbehandling">sst.dk/da/corona/Hvis-du-har-symptomer_-er-syg-eller-smittet/Hvis-din-test-er-positiv/Tabletbehandling</a></p>