

## WHO IS VULNERABLE. HOW TO REDUCE THE RISK OF CONTAGION

- People older than 60 and those with chronic diseases or who are immune-depressed are most exposed to the risk of contracting a severe form of the disease.
- People with neurological disturbances or disabilities will have trouble taking the precautions necessary to protect themselves from contagion. They are therefore at greater risk of contracting the disease.

### IN CARING FOR THESE GROUPS, THEREFORE, THE GREATEST POSSIBLE ATTENTION IS NECESSARY

#### IF YOU ARE CARING FOR THE SICK OR ELDERLY:

- Reassure them, explaining calmly and simply the reasons for the restrictive measures.
- As much as possible, prevent them from leaving home or frequenting crowded or indoor spaces.
- Help them to procure necessities (food, medicines) by home delivery.
- They don't have to go to their doctor's office for prescriptions or routine check-ups; they can contact the doctor by phone and use digital prescriptions.
- Try to keep a two-week supply of the medicines that they are taking regularly.
- Help them to contact friends and relatives by phone and Internet.
- If they are not self-sufficient, observe hygiene rules and wear personal protective equipment, which protects you and above all those you are caring for.
- Make sure you check their health; if you notice some change, call the doctor.

#### IF YOU ARE CARING FOR AN OLDER PERSON:

- Limit outings and visits.
- Follow the rules of prevention and hygiene scrupulously.
- Schedule visits and check-ups so as to limit trips to hospital.



#### IF YOU TAKE CARE OF A PERSON WITH IMMUNE DEFICIENCY:

- The change imposed by the new rules may be destabilizing: calmly and repeatedly explain the reasons for it, tranquilizing them.
- As far as possible, maintain their habits and institute a routine.
- Use memos, drawings or videos to enable them to understand the new rules and preventive measures.
- Check their health constantly, paying attention to any change. Disorientation may be a first symptom of mental instability or disease.

