

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.

