



## Novel coronavirus COVID-19

# Advice for people over 70 years of age

Avoiding exposure to coronavirus is especially important if you are over 70. This is because the risk of experiencing serious symptoms requiring hospital care, and even life-threatening symptoms, is considerably greater for older people than for younger age groups.

The Government has therefore issued guidance on coronavirus protection for the over-70s. This states that people over 70 are required to refrain from contact with others wherever possible, which means quarantine-like conditions. The following detailed advice applies.

### If you are more than 70 years old

- do not meet other people in person (face to face), and avoid going outdoors
- ask family, friends or neighbours to help with shopping and other tasks outside the home
- if necessary, ask your municipality for help with e.g. grocery shopping and pharmacy visits – if you have to go grocery shopping or visit a pharmacy or health centre, do so when there are fewer people around
- you can authorise someone else to get your prescription medicine for you – sign in to [suomi.fi/e-authorization](https://suomi.fi/e-authorization)s
- follow the general advice on reducing the risk of infection
- remember to move around at home as often as possible – if you exercise outdoors, remember to avoid contact with others
- keep in touch with family and friends by phone or online.

Family, friends and neighbours can help and support you during this coronavirus crisis. Everyone has a duty to consider particularly the needs of older people and those who are vulnerable due to lower disease resistance. Lower resistance can result from having an underlying medical condition, for example.

### If you are a family member or friend of someone over 70

- avoid unnecessary visits to anyone over 70 years of age or in another risk group
- keep in touch e.g. by phone or online
- if a visit is essential, remember not to shake hands or hug, and not to have close contact, and also use a face mask or similar disposable protection to cover your mouth and nose
- if you are an informal caregiver or a personal assistant, bear in mind the danger of infecting others – close contact with others should be avoided wherever possible.