



COVID-19 Guidance for People at Risk of Severe Disease on Reducing Risk of COVID-19 Infection

(See Appendix 1 for link to up to date list of who is at very high risk)

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HSE Antimicrobial Resistance & Infection Control

Version	Date	Changes from previous version	Author
V1.2	22/07/2021	Reference to the importance of vaccination and how it impacts of how you protect yourself Reference to adequate ventilation in indoor places	AMRIC
V1.1	6/4/2021	Includes information about vaccination including an explanation of what fully vaccinated means Vaccination may not have the same benefits for people who have problems with their immune system due to a medical condition or to a treatment for a medical condition Reference to opening a window or door when other people are present to improve ventilation	AMRIC
V1.0	11/10/2020	Initial guidance	AMRIC

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Key Points

1. People at high risk for COVID-19 have the right to make their own decisions and the responsibility to look after their own health and the health of others in line with the legal obligations that apply to everyone.
2. Most people at high risk of severe COVID-19 can follow the general public health guidance that applies to everyone once they have vaccine protection.
3. Vaccination may not work as well for some people who have problems with their immune system so people with weak immune function (immunocompromised) are advised to continue to take particular care even when vaccinated. See Appendix 2 for a list of conditions and medicines that can compromise the immune system. Talk to your doctor if you are not sure if you are immunocompromised.
4. There is almost no chance of you catching COVID-19 at home if people who are infectious with COVID-19 do not come to your home.
5. It is usually not desirable and not practical for people in a family household to avoid contact with each other at home. If everyone in the household is careful when out of the house that helps to keep everyone safe. If everyone in the household is vaccinated as soon as vaccine becomes available to them this helps to keep everyone safe. Vaccination of everyone in the household as soon as it becomes available to them is particularly important if someone in the household is immunocompromised. If everyone in the house is careful and if you can keep the number of people who come into your house to visit or to do work to the smallest possible number of trustworthy people then you can feel safe at home and you can relax there.
6. If you need healthcare workers to come to your home to help you care for yourself or someone else in the house it is safe to let them in especially now that most frontline healthcare workers have been vaccinated.
7. Check that anyone who comes to the house to visit or to do work is well when they arrive (no symptoms of COVID-19). Ask them to clean their hands when they arrive, to wear a mask and to keep a safe distance from you whenever possible.
8. If anyone in the house gets symptoms of COVID-19 they should avoid all contact with others in the house immediately.
9. If anyone in the house is told they are a COVID-19 Contact they should avoid all contact with others in the house **unless** they have vaccine protection. Even people with vaccine

protection may be advised by public health to avoid contact with other people in some circumstances.

10. The risk of leaving home for a walk or drive is very low if you can keep away from other people. It is generally safe to meet up with one other household outdoors for recreation if you are fully vaccinated although you should keep a safe distance and avoid contact if they are not vaccinated.
11. If you become unwell call your GP and if you have an appointment with your GP or at a hospital or clinic is it important to keep the appointment.
12. You are more likely to be exposed to COVID-19 if you need to be or choose to be in a place where there are people from outside of your household, whether for work or for social or personal reasons but it is generally safe to go to the shops and to use public transport for essential purposes once you have vaccine protection provided you keep a safe distance.
13. The higher the current level of the Framework for Restrictive Public Health Measures nationally or in your area at the time the greater the risk of being exposed to COVID if you are out and about or have anyone visit or do work in your home.
14. The risk of contracting COVID-19 is generally much lower outdoors than indoors.
15. You can lower the risk when going to places by going at quiet times, keeping your distance, not touching things if you do not need to touch them, cleaning your hands and wearing a surgical mask and checking that the place has adequate ventilation, for example an open or partly open window or door that allows for some air movement.
16. If you want to tell people who provide services that you need to be extra careful to avoid COVID-19 they will usually try to fit you in at a quiet time and be extra careful when providing you with the service.
17. Try to keep active and look after your general health. A healthy way of life improves your chance of recovery if you get COVID-19.
18. Talking on the phone or by video link is safe and is a good way to keep in touch and to get help if you need it. If you need help for any reason there are a number of places you can go for help including:
 - a) HSE Safeguarding and Protection Teams (contact details for each region in Appendix 3).
 - b) SAGE (1850 71 94 00 from 8 in the morning until 10 at night) www.sageadvocacy.ie.
 - c) ALONE (0818 222 024 from 8 in the morning until 8 at night) www.alone.ie.

- d) The HSE confidential recipient at 1890 1000 14.
- e) Alzheimer Society of Ireland 1800 341 341 (www.alzheimer.ie).
- f) If you need medical assistance call your GP or in an emergency call 112 or 999
- g) Family Carers Ireland 1800 240724. (<https://www.familycarers.ie/media/1986/family-carers-ireland-emergency-plan.pdf>).

Information on getting your COVID-19 vaccine is available here: <https://www2.hse.ie/screening-and-vaccinations/covid-19-vaccine/getting-covid-19-vaccine.html>

Purpose

This guide recognises that people at high risk of severe disease from COVID-19 have the right to make their own decisions and the responsibility to look after their own health and the health of others in line with the legal obligations that apply to everyone. This involves making their own choices about how they keep a balance between doing the things they need to do and want to do to while keeping the risk of harm from COVID-19 as low as is practical. This guide is also written to help family, friends and carers to help people who may need their support in making choices and in doing what they chose to do as safely as is practical.

Scope

The guide is for people at high risk or very high risk of severe COVID-19 disease who live in the community and for those who help them if and when they need help. It is important that this guide is used in line with the Government recommendations (Five Level Framework) in place for your county/area at the time, for example advice about the number of people who can gather together.

Introduction

COVID-19 is caused by a virus. People almost always catch COVID-19 by sharing space indoors for 15 minutes or more with a person who is infectious. People are more likely to catch infection indoors or in another enclosed space like a car or a bus if the space is poorly ventilated. The risk of catching COVID-19 from touching things like groceries, newspapers or clothes delivered to your house is very low. There may be a very small chance that this could happen if the person who delivered them has COVID-19. Hand hygiene is the most practical way to manage that risk.

COVID-19 infection does not affect everyone the same way. Some people do not get sick at all (asymptomatic infection), some people get a very minor illness, some people get an illness like a really bad flu and a small number of people get a very serious illness that can mean they need to go to hospital. Some people who catch COVID-19 will die as a result.

There is no way to tell any person for sure what will happen to them if they catch COVID-19. The best that we can do is to give some idea of what the chances are for groups of people of different ages and for people who already have long-term disease. The risk of severe illness and death is generally much lower in people who have vaccine protection.

If 1,000 people aged less than 30 who are otherwise in good health catch COVID-19 we can expect that many of them will get flu like illness but probably very few will need to go to hospital especially if they are in good general health to begin with.

If a 1,000 people over 70 who are not vaccinated or 1000 people who are at high risk of severe COVID-19 for other reasons and who are not vaccinated catch COVID-19, we can expect that hundreds of them may get seriously ill and many may die even with the best care that the healthcare service can give. Older people who are in good general health are usually less likely to get severe disease compared with people of the same age with medical conditions that place them at higher risk of severe disease. Younger people who are at higher risk of needing to go to hospital and of death include people who are very overweight and people with certain long-term diseases. However, there is no telling up front for any one person of any age how the disease will affect them.

This guide is written to give the best general information on the risk of harm from COVID-19. It is about the choices people can make to lower the chance of harm to them and to those they care most about in practical and reasonable ways without making life impossible to bear.

Vaccination

Vaccination against COVID-19 is a very effective way of protecting people against severe disease

and death from COVID-19. As the months go by it is becoming clearer that the vaccine also helps to reduce the risk that someone can spread the infection to other people.

It is very important to say that vaccines do not provide protection from the day you get your first dose. The protection builds up over time. After two to three weeks you can expect to have some protection but completing the vaccination course is very important to make sure you have the highest level of long-lasting protection.

The person is considered to have **vaccine protection** if they are vaccinated as follows:

1. 15 days after the second dose of AstraZeneca (Vaxzevria);
2. 7 days after the second Pfizer-BioNTech dose (Comirnaty);
3. 14 days after the second Moderna dose (Spikevax);
4. 14 days after Janssen (one dose vaccination course).

If other vaccines become available the requirement for vaccination will be as advised by HSE.ie.

The term vaccinated used in this document is intended to mean when someone has vaccine protection.

When vaccinated you can expect to have a very high degree of protection from severe COVID-19 however the vaccine protection is not perfect and especially it may not work so well in people who have a condition or who are on a treatment that interferes with their immune system. This means that you are advised to continue to be very careful after you are vaccinated especially if you have a problem with your immune system. Appendix 2 of this document includes a list of conditions and medications that can be associated with poor immune function (immunocompromised). If you are in doubt about your immune system function speak to your doctor.

People who have vaccine protection are also less likely to spread infection to other people. If you have vaccine protection and you meet with another person who also has vaccine protection (a

friend or a healthcare worker) the risk is much lower for both of you. By now, most healthcare workers are vaccinated and so are most adults. As the vaccination programme progresses this will reduce the risk for everyone.

Making your home safe

For this purpose, your home is your house or apartment and any indoor or outdoor space around it (a yard, garden or fields) that is used only by you and by others in your household.

There is almost no chance of you catching COVID-19 at home if people who are infectious with COVID-19 do not come to your home. If you can make your home safe then you have a place where you can relax and move about freely without worrying all the time about the risk of infection. There is no particular COVID-19 risk in going outside and moving around your own yard, garden or fields if you keep away from anyone from outside your household. Keeping active will probably improve your chances of making a good recovery if you do catch COVID-19.

Managing who comes into your home is the most important part of keeping your home a safe haven. The risk that someone who is infectious will be in your home is lower if anyone who comes to your home has vaccine protection.

Members of your household

A very big part of controlling the risk depends on how other people in the household behave. If other household members are very careful to follow all the public health guidance to reduce their risk of infection when they are out of the home this reduces the chance that they become infected and carry the virus home to you. If the members of your household have been vaccinated this greatly reduces the chance that they can carry infection to you.

If there are members of your household that behave in ways that places them at high risk of catching COVID-19 that means they are also putting you at higher risk of catching COVID-19. If you own or control your home and if you are concerned that people in your household are behaving in ways that are placing you at high risk you should talk to them about your concerns.. If they are not able to or are not willing to change their behaviour to help you to protect yourself, it may be time to think about an alternative to sharing your home with that person(s). If you need

help with this there are contact details for services that can help you on pages 4 and 5 of this document.

Keeping the risk as low as possible among the household

Even if everyone in the household is careful, someone can catch COVID-19 through no fault of theirs. If this happens, there is a high risk that the infection will spread from one person in the household to others however anyone who has vaccine protection is at much less risk. This makes it especially important that anyone who is a carer for someone who is at high-risk takes many of the precautions followed by the person at high risk and gets vaccinated as soon as it becomes available to them.

There are a limited number of things, other than vaccination, that are practical to do to reduce the risk of spread within a household if someone gets infected.

Everyone should know that they should go straight to a room to self-isolate if they develop symptoms of COVID-19 or if they are identified as a Contact of COVID-19. If they have symptoms, they should call their doctor. There are details on how to self- isolate on www.hse.ie

All members of the household should clean their hands (soap and water or use hand sanitiser) when they come into the house. It is a good idea to keep some hand sanitiser near the front door and encourage people to use it and to ensure gentle circulation of fresh air (ventilation) consistent with comfort and the weather.

You should avoid sharing toothbrushes, taking a bite from a piece of food someone else has bitten (like an apple) or a drink from a bottle or cup someone else is drinking from. The exception to this is if there are people in the household who you kiss on the mouth or with whom you share a bed. In that case, there is no additional risk in sharing items with them. Using cutlery, dishes and similar items that someone else in the house has used after they have been washed is safe.

Access for people who do not live in your household

If you need care and support from home help the public health nurses or others working in the health service it is safe to keep taking the help. Healthcare workers are told not to come to work

if they have symptoms of COVID-19 and they are trained to reduce the risk that they might spread COVID-19 to you.

Now that most frontline healthcare workers are vaccinated there is much less risk that they can unintentionally bring COVID infection into your home.

If you have family, friends or neighbours who come to your home to help you, try to make sure they are people you can trust to be responsible and that they know to stay away if they have symptoms. If you depend on friends, family or neighbours try to make a plan for how you will manage if a person you depend on gets COVID-19 or is worried that they might have COVID-19.

If you need people to come into your home to make repairs, try to make sure you are dealing with a reliable and trustworthy person or company who will follow public health advice.

You may also want to have people come to your house just for a social visit. This is a risk you can avoid if you do not need to see people but sometimes we all need company especially if we live alone. If you want to have visitors to your home try to keep the number of people who visit to a few people you trust. It is generally better if you have just 1 or 2 people at a time. There is no reason to believe that a visit from a child is a greater risk than a visit from an adult provided the child has no symptoms and is able to follow some simple rules. If you and the person who comes to visit are vaccinated the risk of having them visit you is much less for both of you.

If people deliver groceries or other things to the house ask them to leave them on the door step so that you do not have to meet the person. If they stand back from the door, you can come to the door to speak with them with very little risk especially if it is a door to the outside. You can take the things right away; you do not need to leave them on the doorstep for a period of time. The risk of handling things like this is very low if you clean your hands afterwards. If you and the person doing the delivery have vaccine protection there is very little risk if they come into your home to drop of the delivery.

Keeping the risk low when there are people from outside the household in the house

1. The higher the current level of the Framework for Restrictive Measures nationally or in your area the greater the risk of having additional people in the house.
2. Check with people if they have symptoms of COVID-19 before they come in.
3. Ask them to clean their hands (soap and water or hand sanitiser). It is a good idea to keep hand sanitiser near the door.
4. Ask them to wear a face covering or mask especially when they are in the same room as you are unless you are both vaccinated.
5. If you and the person who is from outside the household are both vaccinated you do not need to wear masks or keep your distance. This does not apply if there is someone who is not vaccinated with you at the time.
6. If you do not kiss, hug or shake hands and you can keep some distance between you and the other person, this will reduce the risk of catching COVID-19 if they are infectious.
7. If the person is family or a friend that you can trust and that comes to support you or on a social visit, there is very little extra risk in having a cup of tea, a snack or a meal together while they are in the house and talking to you.
8. If there is a friend or family member that you depend on a lot for support it is a good idea to have a list of people you can call on if that person becomes unwell. Family Carers Ireland has a range of practical supports and guide available to family carers during the COVID-19 pandemic, including an Emergency Care Plan Booklet.
9. It is safer not to share towels, dishes cutlery or anything that is put near the eyes nose or mouth with visitors (but dishes and cutlery are OK after they are washed).
10. If the person is in your home to makes repairs or to do work try to tell them what needs to be done and pay them without being in the same room or at least while keeping distance. You could do this by phone. If you need to talk to them/show them what you need try to keep some distance and have some ventilation in the room. Try to arrange to check the work and pay them without being in the same room or being in the same room as little as possible.
11. You can reduce the risk also if you do not invite people who have come to work to have tea with you or invite them to make use of your kitchen for breaks, as that increases the time spent together and the risk of spread of infection.

12. If you can increase ventilation in the room, for example by opening or partly opening a window or a door this can reduce the risk of spread of virus when someone else is in the house. The goal is gentle air circulation rather than strong air movements. When opening windows and doors you do need allow for the weather and security so it may now always be possible to have windows or doors open.

Bringing things into the house and keeping the house clean

There is very little risk in bringing things such as letters, packages and groceries into the house. There is no need to wash or disinfect packages or leave them for a long period before opening things or putting them away. The virus can survive on the surface of things for some time but spread of infection by touching these things is very rare unless there is an infectious person very close to them shortly before you touch them.

It is reasonable to keep the house generally clean to reduce the risk of all sorts of infections but an extra effort on cleaning and disinfection is not especially recommended unless there is someone self-isolating in the house.

When you leave home

If you can control things to make your home safe, the biggest risk is when you are outside of home. The risk is lower if you are vaccinated.

The higher the current level of the Framework for Restrictive Public Health Measures nationally or in your area the greater the risk of being out and about.

If you are working, you may be able to reduce how often you need to leave home if you can work from home all or most of the time. If you need to leave home for work try to organise your work so that you come into contact with people as little as is practical. It may be useful to discuss with your employer how that can be organised. When vaccinated it is generally safe to return to work if your presence on site is essential for example for certain healthcare workers. This may not apply if you are at a high risk because of a problem with your immune system. If you need advice on this talk to your occupational health service or your own doctor.

You may also be able to reduce how often you need to leave home if neighbours, family or friends can do shopping and other jobs for you. However if you are full vaccinated it is generally safe for you to go to the shops that are open when you need to.

How much you can get people to do for you depends upon having neighbours, family and friends you can rely on to be fair and honest with you. This is especially true if other people are handling your money or your credit cards. If you are concerned that anyone may be taking advantage of your situation or making it difficult for you to keep in touch with other friends or family you can talk to someone at the HSE Safeguarding and Protection Team for your area (see contact details in Appendix 3). If you need help from an independent advocate you can contact SAGE (1850 71 94 00 from 8 in the morning until 10 at night). You can also talk to ALONE (0818 222 024 from 8 in the morning until 8 at night) or the HSE confidential recipient at 1890 1000 14.

Talk to your pharmacy about the safest way to make sure you get a supply of any medicines you need but it is generally safe for you to go to the pharmacy if you have been vaccinated.

You may be able to get shopping delivered to your house. It is especially important to try to get help if the shopping or other jobs are likely to involve contact indoors with a lot of people. If you do not have friend, family or neighbours who can help your local community support team may be able to help. It is generally safe for you to go to the shops yourself if you have been vaccinated.

If you need to contact your GP or other services, you may be able to use the phone so that you do not need to leave your home. Plan ahead to make sure you know how to contact your doctor or out of hours service if you feel unwell. If your GP advises that you need to be seen at the surgery it is important that you attend. Remember to attend for your flu vaccine or other care that helps to keep you healthy.

You should continue to attend for all your regular healthcare appointments at hospital or clinics. The risk of catching COVID-19 is lower than the risk of missing out on healthcare that you need. Hospitals and clinics have put in place steps to protect you from being in contact with people

with COVID-19 and most frontline healthcare workers have now been vaccinated.

If you are out and about, just as when you are at home, the biggest risk is being close to people. However, if you are vaccinated it is generally safe for you to follow current public health guidance on meeting with other households.

Key measures to reduce your risk when you are out include those listed below. They are especially important if you are not vaccinated:

1. Avoid enclosed, crowded and poorly ventilated places.
2. Keep a safe distance.
3. Do not touch things if you do not need to.
4. Clean your hands.
5. Wear a surgical mask – this recommendation applies when you are in an indoor public space or if you have to be in a crowded outdoor space. It is much safer not to be in a crowded space than to wear a mask in a crowded space.

Gloves are not recommended. Gloves get contaminated quickly and can get punctured. You are better to rely on cleaning your hands.

If you want to tell people who provide services that you need to be extra careful to avoid COVID-19 they will usually try to fit you in at a quiet time and be extra careful when providing you with the service.

If you do need to leave home try to avoid public transport unless you are vaccinated. If you are vaccinated it is generally safe to use public transport for essential purposes. It is especially important to avoid public transport at busy times, as it is very difficult to avoid very close contact with a lot of people on public transport at busy times. It is recommended that you should wear a surgical mask in indoor spaces or in crowded outdoor spaces if you are in an older age group or are at high risk of severe COVID-19. It is the law that you should wear a face covering on public transport and in certain indoor public spaces.

If it is possible for you to walk to, where you need to go this is likely to be much safer than public transport, in addition exercise is good for health and wellbeing.

If you are outdoors and more than 2m away from anyone, there is little additional risk of catching COVID-19 compared to staying at home. However if anything goes wrong and you need to be near other people the risk increases. It is a good plan to have hand sanitiser and an unused surgical mask with you in case you do need to be near other people.

If you are out for a drive in a car with members of your household and you have no contact with anyone else there is no additional risk of catching COVID-19 compared to staying at home. It is a good plan to keep hand sanitiser and a surgical mask in the car in case you do need to be near other people.

If you need other essential services, for example legal or financial advice and it cannot be dealt with by phone or videoconference, check before you travel that the place you need to go to has taken steps to keep people as safe as possible. Bring and use hand sanitiser and a surgical mask.

If you are vaccinated it is generally safe to go to the shops when you need to. If you are not vaccinated and you have to do your own shopping go at time when the place is likely to be quiet or if they have a protected time when there are less people in the shop try to go at that time. Bring and use hand sanitiser and a surgical mask.

If you decide that you want to visit someone, attend a religious service, go to the hairdresser, go to a café or some other service when these are open, think about the risk for you and plan to keep that as low as possible. Try to go to a place that you know is careful about following public health guidance, try to go at a time when it is not busy and keep your distance from other people as much as you can. If you are vaccinated it is generally safe for you to use these services in the same way as other people do when they are open.

If you are out and about and you find yourself near anyone who is coughing or looks feverish or sick move away to a safe distance as quickly as you can.

Preventing harm from COVID-19

If you can be very careful all the time, you can reduce the chance of catching COVID-19, but we are all human and we all forget sometimes or maybe make a decision to do something that is not very safe. No one can guarantee you that you will not get COVID-19.

Most people who catch COVID-19 will recover. Your chance of recovering is likely to be better if:

1. You get vaccinated as soon as you are offered vaccination
2. You keep your body active – make a plan for how to get exercise every day.
3. You keep your mind active – crosswords, puzzles, music, whatever works for you.
4. You look after your mental health – plan to keep in touch with people.
5. You have a healthy diet and are not overweight.
6. You do not smoke.
7. You take good care of any long-term illness that you have.
8. You contact your doctor by phone if you develop symptoms of COVID-19.

A lot has been learned about how to take care of people who get very sick with COVID-19. If you do catch COVID-19 you have a good chance of recovery if your doctor knows about it early and can send you for special treatment if you need it.

One of the harms from COVID-19 is the stress caused by all the changes in our lives and the fear of catching infection when you hear the number of cases is increasing. It is natural to feel this way. The good news is that even when infection is very common in your community there is great deal that you can do to keep safe and at the same time stay well and keep connected and that vaccination offers a very high degree of protection.

Appendix 1 Very High Risk and High Risk

Very high risk and high risk for severe COVID-19. (also referred to as Extremely Medically Vulnerable People).

What do we mean by extremely medically vulnerable?*

An up to date list of people in this group can be accessed here:
<https://www2.hse.ie/conditions/coronavirus/people-at-higher-risk.html>

*If you are in any doubt about your level of risk for severe COVID-19 talk to your GP or Occupational Health Service.

Appendix 2 List of Conditions and Medications that can compromise the immune system

The following groups are considered immunocompromised for the purposes of COVID-19 vaccination:

1. Some people with cancer

- This should be taken to mean all cancer patients actively receiving (and/or within 6 weeks of receiving) systemic therapy with cytotoxic chemotherapy, targeted therapy, monoclonal antibodies or immunotherapies and surgery or radical radiotherapy for lung or head and neck cancer.
- All patients with advanced/metastatic cancer.
- Patients with haematological cancer treated within the last year.

2. Some people with chronic kidney disease and all people with renal transplant

This should be taken to mean all patients with chronic kidney disease who have an eGFR of less than 30 ml/min.

3. Transplantation

- People listed for solid organ or haematopoietic stem cell transplant.
- People with solid organ transplant at any time.
- People with a haematopoietic stem cell transplant within the previous 12 months.

4. Genetic Diseases

- Autoimmune polyendocrinopathy-candidiasis-ectodermal dystrophy (APECED).
- Inborn errors in the interferon pathway.

5. People on immunomodulatory treatment

This should be taken to include treatment in the previous 3 months with any one of or more of the following (or other agents with comparable effects):

- Abatacept, Adalimumab, Alemtuzumab, Anakinra, Apremilast, Azathioprine,
- Baricitinib, Benralizumab, Brodalumab,
- Canakinumab, Certolizumab, Ciclosporin, Cladribine Cyclophosphamide,

- Daclizumab, Dimethyl Fumarate, Dupilumab,
- Eculizumab, Etanercept, Everolimus,
- Filgotinib, Fingolimod,
- Golimumab, Guselkumab,
- Infliximab, IL1, IL-6, IL17/23, Ixekizumab
- Lefunomide,
- Mepolizumab, 6-Mercaptopurine, Methotrexate, Mycophenolic acid,
- Natalizumab,
- Ocrelizumab, Omalizumab,
- Reslizumab, Rituximab, Ruxolitinib,
- Secukinumab,
- Tacrolimus, Teriflunomide, Tildrakizumab, Tioguanine, Tocilizumab, Tofacitinib,
- Upadacitinib, Ustekinumab,
- Vedolizumab.

6. People on high dose systemic corticosteroid therapy

The following doses of prednisolone (or equivalent dose of other glucocorticoid) may increase the risk of severe COVID-19 disease:

≥10mg/day for more than 4 weeks with one other immunosuppressant

≥20mg/day for more than 4 weeks.

7. People with HIV infection

This should be taken to mean anyone with a confirmed diagnosis of HIV infection.

8. People with primary immunodeficiency

People with primary immunodeficiency including the following

- Ataxia Telangiectasia,
- Bruton agammaglobulinaemia (X-linked agammaglobulinaemia),
- Chronic/cyclic neutropaenia,
- Chronic granulomatous disease,
- Chronic mucocutaneous candidiasis,
- Complement deficiency,

- Common variable immunodeficiency (CVID) and other immunoglobulin deficiencies including IgA deficiency and IgG subclass deficiency, DiGeorge syndrome (22q11 deletion),
- Severe combined immunodeficiency disease (SCID), Wiskot Aldrich Syndrome.

9. People with asplenia and hyposplenia

Reference:

HSE Guidance, “National Immunisation Guidance for Ireland, Chapter 5a” 29/04/2021. Available at [covid19.pdf \(hse.ie\)](#)

Appendix 3 Contact Details for HSE Safeguarding and Protection Teams

The HSE has a social work service that you can contact if you have a concern about a vulnerable adult who may be at risk of abuse. There are nine teams located throughout the country. You can find information on how to get in touch with them below.

Sligo, Leitrim, Cavan, Monaghan and Donegal

Ballyshannon Health Campus An Clochar, College Street, Ballyshannon Co. Donegal

Safeguarding.cho1@hse.ie

071-9834660

Roscommon, Galway and Mayo

La Nua, Castlepark Road, Ballybane, Galway.

Safeguarding.cho2@hse.ie

091-748432

Clare, Limerick and N.Tipp/East Limerick

Health Centre, Tyone, Nenagh, Co. Tipperary.

Safeguarding.cho3@hse.ie

067-46470

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