

The translation below is only two paragraphs of the information available from the Norwegian Directorate of Health. More information on this can be found in the link below.

[Advice for those who are at particular risk](#)

Advice for family members of those who are at particular risk

- The most important thing you as a family member can do, is to make sure that you are not infected yourself.
- Therefore, pay particular attention to the general rules for hand and cough hygiene.
- Limit physical visits, use the telephone or Internet to stay in touch.
- Do not visit anyone who is at particular risk of serious illness in case of Covid-19 if you have cold symptoms, a cough, fever or are short of breath.
- Help your family members, for instance with buying food. The food should be left outside the door, and then one should call to tell them that it is there and that the person can receive it. Remember to keep a good distance.
- If you live with someone who is suspected or confirmed to be infected with Covid-19, it is recommended to keep a distance of at least two meters. The patients should, if possible, stay and sleep in another room. If possible, it is recommended that they have their own bathroom and toilet. If not, it is important to have a separate towel and your own bathroom items.

Those who are at increased risk of serious illness and death if infected with coronavirus.

- The risk groups overlap with the groups who are recommended for influenza vaccination each season, and this amounts to approximately 1.6 million people.
- The elderly (over 65, but especially over 80)
- People with cardiovascular disease
- People with chronic lung disease
- People with an impaired immune system
- People with diabetes
- People with cancer

Based on unpublished data, smoking and obesity may also increase risk.