



PROTOCOL FOR COVID 19 HIGH-RISK/VULNERABLE PATIENTS AND THOSE IN CONTACT WITH HIGH – RISK /VULNERABLE PATIENTS.

COVID 19 high-risk/vulnerable Patients

1. These are the most recent recommendations from WHO and CDC (Centre for Disease Control). We must also appreciate that since the virus is new, information presented is dynamic, so as time progresses these criteria may change.
2. Patients at High-risk for severe illness from COVID-19 are:
 - People 58 years and older
 - People of all ages with **underlying medical conditions, particularly if not well controlled,** including:
 - People with chronic lung disease or moderate to severe asthma.
 - People who have serious heart conditions
 - People who are immunocompromised
 - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications.
 - People with severe obesity (body mass index [BMI] of 40 or higher)
 - People with diabetes.
 - People with chronic kidney disease undergoing dialysis.
 - People with liver disease.
3. The University will use the data from a risk assessment survey to all staff and students to identify those who are at high risk from serious illness of COVID 19.
4. Those who are high risk
 - a. Will have submitted documented evidence from their Medical Service Provider verifying their high risk status.
 - b. Staff will have their names forwarded to P&C so that the necessary Safe Return to Work procedures can be implemented.
 - c. Students will have their names forwarded to their respective faculties so that the necessary Safe Return to Campus procedures can be implemented for them.
5. Staff and students who fall into the category of High-risk individuals are highly encouraged to reach out the Medical Centre team for guidance, and support during this time of the pandemic.



6. Individual who are vulnerable should actively reduce their risk of getting sick with COVID-19 by:
 - a. Continue their medications and do not change their treatment plan without talking to your doctor.
 - b. Have at least a 2-week supply of prescription and non-prescription medications. Talk to their healthcare provider, insurer, and pharmacist about getting an extra supply (i.e., more than two weeks) of prescription medications, if possible, to reduce trips to the pharmacy.
 - c. Talking to their healthcare provider about whether their vaccinations are up-to-date. People older than 58 years, and those with many underlying conditions, such as those who are immunocompromised or with significant liver disease, are recommended to receive vaccinations against influenza and pneumococcal disease.
 - d. Not to delay in getting emergency care for their underlying condition because of COVID-19. SUMC has contingency infection prevention plans to protect them from getting COVID-19 if they need care for their underlying condition.
 - e. Avoid high density population areas
 - f. Use online and virtual services as much as possible.

7. High-risk persons are highly encouraged to stay home, work from home and seek all their services online or via delivery.

SUMC DIABETES & HYPERTENSION CLINIC: 0743 77 56 65

SUMC DOCTOR – 0705 17 72 69

SUMC PHARMACY – pletova@strathmore.edu

8. They should call their healthcare provider if they have any concerns about their underlying medical conditions or if one gets sick and thinks that they may have COVID-19 you can call SUMC on the numbers above.

Those in contact with high – risk /vulnerable patients.

9. For those who live with persons who are high-risk the objective is to protect the high risk individuals from getting infected.
10. These persons should be given the option to work offsite, where possible.
11. Should they have to come into the University they should stringently follow all the directives of infection prevention and control – hand hygiene, social distancing and wear a mask at all times.



Those who live with individuals who by the nature of their work are exposed to high risk situations

12. For those who live with individuals who by the nature of their work are exposed to high risk of possible infection to COVID- 19, the objective is to protect them from getting infected. These individuals should contact the Medical Centre for patient education on infection prevention and control.