



MINISTRY OF HEALTH
SINGAPORE

ADVISORY ON VULNERABLE GROUP

1. As more information emerges about COVID-19 infections, there has been further indication of groups who are at risk of poorer clinical outcomes in the event of a COVID-19 infection. Greater precautions should be taken for such individuals, in keeping with existing safe management measures applicable to the general population.
2. Such persons include:
 - a. Persons who are aged 60 and above¹;
 - b. Patients who are immunocompromised or have concurrent medical conditions such as obesity (BMI > 31), hypertension, diabetes, chronic heart and lung diseases, kidney diseases on dialysis, hypercoagulable states, cancer, or patients on drugs that cause immunosuppression;
 - c. Pregnant women;
 - d. Persons with Down's syndrome
3. Persons who are part of the groups identified above should take greater care to avoid exposure to COVID-19 infection, and should be encouraged to be fully vaccinated against COVID-19 if they have no medical contraindications, so as to reduce their risk of severe disease if infected. They should pay special attention to MOH's health advisories, to practise a high level of personal hygiene habits with frequent hand washing with soap and water. They should also comply with safe distancing and other infection prevention and control measures e.g. use of masks, avoiding crowds and avoiding close contact with others who are unwell. We also advise them to continue to take medications for any underlying health conditions exactly as prescribed, go for regular vaccinations based on clinical indication, and to seek medical attention promptly if feeling unwell.
4. Employers and caregivers for at-risk persons/ groups should support them to adhere to the above advice.

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21 SEPTEMBER 2021

¹ While persons of age 60 and above are most susceptible to poorer clinical outcomes in the event of a COVID-19 infection, persons aged between 50-60 years old are also considered to be at higher risk of developing severe disease from COVID-19 infection, relative to younger age groups.