

## Appendix 1: Overview of risk groups with an increased risk of severe illness from COVID-19:<sup>1</sup>

1. People aged 70 or older
2. Adults with one or more of the following conditions:
  - People with **chronic respiratory or lung problems** who are being treated by a lung specialist.
  - Chronic **heart patients** who therefore qualify for a flu shot.
  - People with **diabetes** that is not fully controlled and/or involves complications.
  - People with **kidney disease** who need dialysis or waiting for a kidney transplant.
  - People who are **less resistant to infection** because they are taking medication for an autoimmune disease, and people who have had an organ transplant or stem cell transplant. People who have a blood disease. People with reduced immunity because they take immunity-reducing medicines. Cancer patients during chemotherapy and/or radiation, or within 3 months after receiving such treatment. People with severe immune disorders, which require treatment from a doctor. People who do not have a spleen or who have a spleen that does not function properly do not run an additional risk of serious COVID-19 symptoms, but they do run the risk of a possible (secondary) infection with pneumococci.
  - People with an **HIV infection** who are not (or not yet) being treated by a doctor or with an HIV infection with a cluster of differentiation 4 or below 200/mm<sup>2</sup>.
  - People with severe **liver disease**.
  - People who are **severely overweight**.

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<sup>1</sup> National Institute for Public Health and the Environment, [rivm.nl/en/novel-coronavirus-covid-19/risk-groups](https://rivm.nl/en/novel-coronavirus-covid-19/risk-groups).

