

RISK OF SEVERE COVID-19:

Self-Assessed Guidance

Check if you fulfill any ONE or MORE of the following criteria

VERY HIGH RISK ❌

Obesity III (BMI of 40 or above ~ Weight above approximately 100kg for a person 1.6 m in height)

Severe hypertension or diabetes mellitus (e.g., requiring 3 or more different medications, insulin, OR multiple hospitalizations)

People who live in a nursing home or long-term care facility

Hemoglobin disorders, such as thalassemia

Immunocompromised (weakened immune system), including cancer treatment, bone marrow or organ transplantation, immune deficiencies, HIV, prolonged use of steroids

Liver disease, including cirrhosis

Serious heart conditions, including heart failure, coronary artery disease, congenital heart disease, cardiomyopathies, and pulmonary hypertension

Chronic kidney disease being treated with dialysis

Chronic lung disease, including severe asthma

HIGH RISK

Age 70 and above

Obesity II (BMI of 35.0 – 39.9 ~ Weight approximately 90-100kg and above for a person 1.6 m in height)

Mild hypertension, diabetes mellitus, or asthma (e.g. requiring no more than 3 different medications in total)

LOW RISK ✓

Does NOT fulfill any criteria for high risk or very high risk

OVERVIEW

Low Risk (Healthy)	ALLOWED
High Risk (70+, mild medical condition)	Discouraged but ALLOWED
VERY High Risk	NOT ALLOWED
Children (7-12 years)	Discouraged but ALLOWED but condition
Children below 7	NOT ALLOWED

NOTE: All members are to download a scanner in their phone to scan the SELangkah QR code for contact tracing purposes as required by the Selangor State Government.