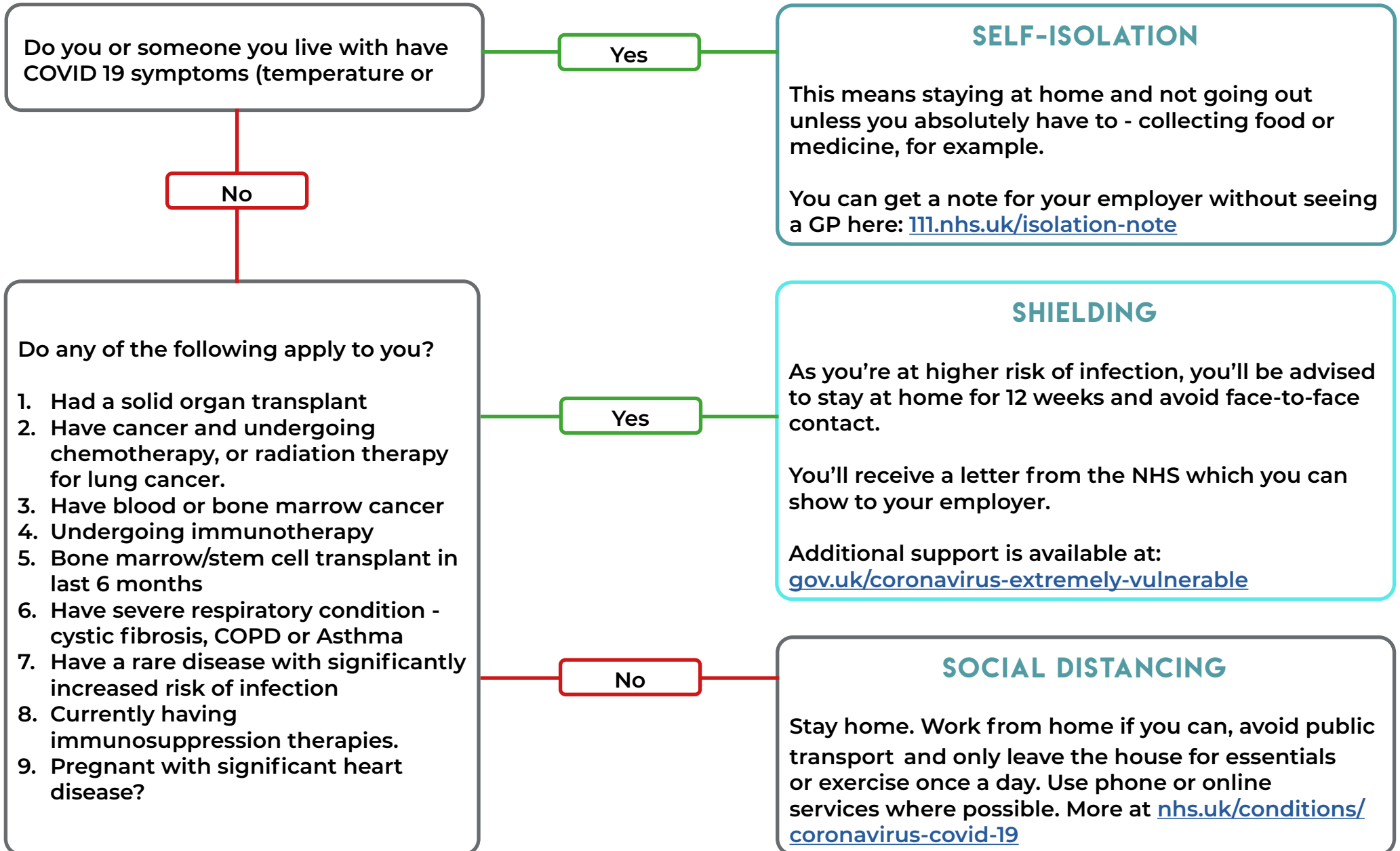


# GUIDANCE ON SELF-ISOLATION, SHIELDING AND SOCIAL DISTANCING



# SHIELDING - ADDITIONAL INFORMATION

Your safety and the continued provision of the care and treatment you need is a priority for the NHS.

Because of your health condition, you are more likely to become infected, and more likely to need to be admitted to hospital.

**That's why the safest course of action is for you to stay at home at all times and avoid all face-to-face contact for at least twelve weeks.**

## KEEP IN MIND

- If you developed symptoms of coronavirus, such as a new, continuous cough and/or high temperature (above 37.8 °C), go to [11.nhs.uk/covid-19](https://11.nhs.uk/covid-19) for advice.
- Carers and support workers CAN come to your home and should wash their hands for 20 seconds on arrival, and often while they are there.
- The government is helping pharmacies to deliver prescriptions. Prescriptions will continue to cover the same length of time as usual. If you do not currently have your prescriptions collected or delivered, please contact your pharmacy directly.
- We'll aim to provide planned GP services by phone, email or online but if we need to see you in person, we'll contact you first to arrange this.
- Any planned hospital visits you have may need to change. You'll be contacted directly by the hospital with confirmation.
- It's a good time to discuss your daily needs with your carers, family or friends. It's important you are getting any support you need. If you don't have anyone to help, please visit [gov.uk/coronavirus-extremely-vulnerable](https://gov.uk/coronavirus-extremely-vulnerable)
- The letter you receive can be shown to your employer to verify you cannot work outside your home. You don't need a note from your GP. For help with benefits, visit [gov.uk/universal-credit](https://gov.uk/universal-credit).
- Any questions about your existing conditions should be directed to us or your hospital. Where possible, we'll aim to treat you remotely, but again, if you need to be seen in person you'll be contacted to arrange this.
- Have a hospital bag prepared just in case, including a list of your medication and dosage, plus everything you'd need for an overnight stay.
- We know these are difficult and frustrating times, so look after your mental well-being. Spend time doing things you enjoy like reading and other hobbies. Eat well, stay hydrated and make sure you get enough daylight and fresh air, even if only by opening a window. Visit [nhs.uk](https://nhs.uk) for more tips and advice.