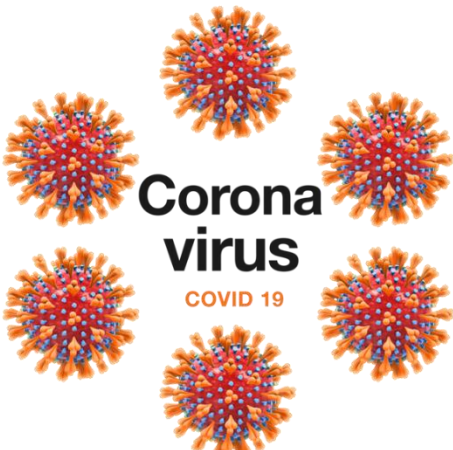



IMPORTANT: PERSONAL

This advice is only for people who received a letter titled [ADD TITLE] on [ADD DATE]

Important advice to keep you safe from Coronavirus (COVID-19)

 <p>Coronavirus COVID 19</p>	<p>COVID-19 is a new illness. Lots of people call it Coronavirus.</p> <p>It can affect your lungs and your breathing.</p>
	<p>You have a health condition that means you are more likely to get very poorly if you catch Coronavirus.</p> <p>This means you might be more likely to be admitted to hospital than others.</p>



There is a list of all the illnesses that mean you are more likely to get very poorly from Coronavirus.

This is at the end of this letter.



The NHS wants to keep you safe.



It is really important that your care and treatment carries on at this time.

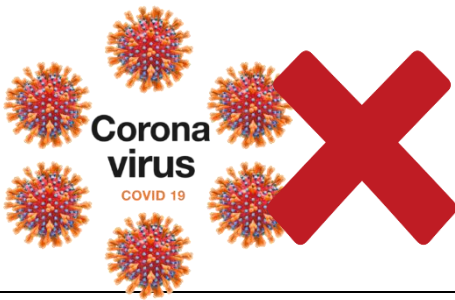


This letter is to give you advice on how to look after yourself and get the support you need.



The safest thing for you to do is to stay at home at all times.

Try not to see anyone face-to-face for at least 12 weeks (3 months) from today.



This is to stop you catching the virus.



Go online or use the phone to talk to friends and family, rather than seeing them face-to-face.



Wash your hands often with soap and water for 20 seconds.

Use hand sanitiser (gel) if you do not have any soap .

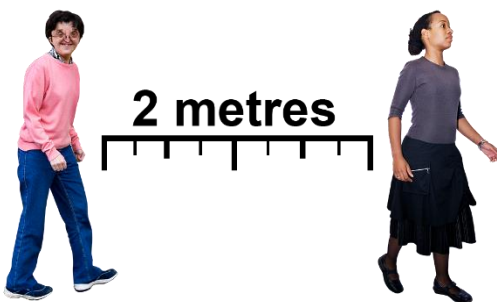


If you live with other people -

- Try not to spend too much time in shared spaces with them (for example kitchen, bathroom and sitting areas).



- Try to keep fresh air in the spaces mentioned above (you could open a window if it is not too cold and is safe).



- Try to keep 3 steps (2 metres) between you and other people in your home



- Sleep in a different bed from other people when you can
- Use separate towels and if possible a separate bathroom from the rest of the people in your house
- Clean the handles and the places you touch in the bathroom each time you use them.
- Try not to use the kitchen at the same time as other people



- Make sure everything you have used in the kitchen is cleaned really well.

- If possible, eat by yourself in your room

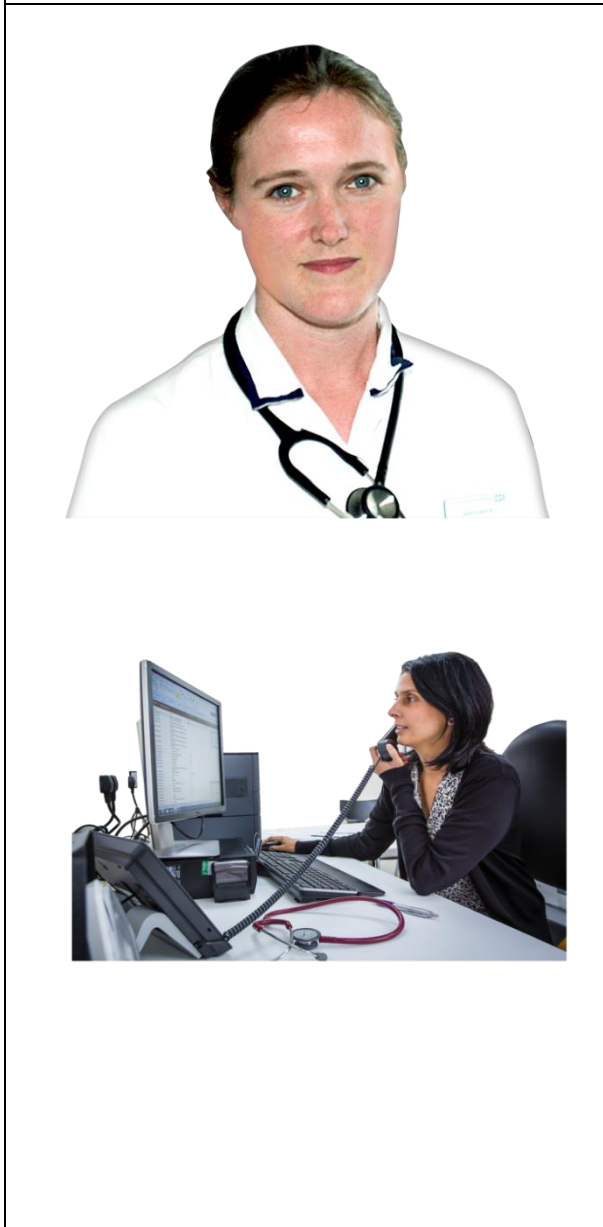


If you think you have a sign or symptom of coronavirus-

- A cough that is new and you keep coughing
- A temperature (your back and chest feel hot to the touch).



You should call 111 or use the online NHS 111 tool (<https://111.nhs.uk/covid-19/>).



Your GP (family doctor) and your hospital care team (if you have one) know that you are a person who is more likely to get poorly from Coronavirus.

They are looking at different ways you can get the care and treatment you need and will tell you if any changes are needed.



Carers or support workers can still come and visit you as long as they do not show any signs of having the Coronavirus.

All visitors should wash their hands with soap and water for 20 seconds, when they arrive and often after that.

They should also be using hand sanitiser (gel) if there is any at your house or flat.

It is also a good idea to speak to your carers about what happens if one of them becomes unwell.



If you need help with care but you are not sure who to contact, please visit www.gov.uk/coronavirus-extremely-vulnerable or call 0800 0288327 which is the government helpline



Daily medication you take

You may already have your medicines collected for you by someone else, or delivered to you by the pharmacy.

If your carer or support worker gives you your medicine they should always wash their hands first.



If you do not get your medicines delivered at the moment, you will need to arrange this.

You need to make sure your medication is not going to run out.



Your GP (family doctor), family, or hospital care team, or pharmacist can help you get them ordered and delivered.

You might need to arrange for collection or delivery of any hospital specialist medication if required..



GP appointments

From now, care from your GP will be given by phone, email or online.

If you need to come into the surgery, or be visited at home, your GP will tell you.



Hospital appointments

Any hospital appointments you have should take place as planned.

But the hospital will contact you if this changes.



Support with daily living

Talk about what you need with carers, family, friends, neighbours or local community groups that you trust, to see how they could best support you.

This includes help with food, shopping or emotional support for your wellbeing (keeping happy and well).

If you do not have anyone who can help you, please visit www.gov.uk/coronavirus-extremely-vulnerable or call 0800 0288327 which is the government helpline



Urgent medical help

If you have an urgent question about a health problem you already have, ring your GP or hospital care team

Do not go in person.

It can be a good idea to have a bag of things packed in case you need to go to hospital.



Try to keep yourself well and happy while you are staying away from others:

- look for ideas of exercises you can do at home on the NHS website
- spend time doing indoor things you enjoy
- try to eat healthy meals and drink enough water




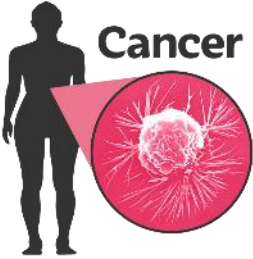
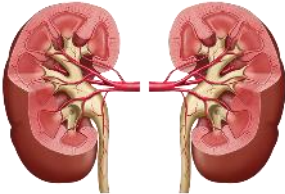



- think about opening your windows to let in fresh air

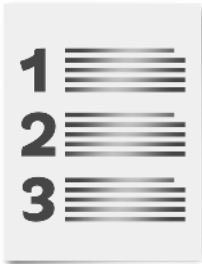


- go outside into the garden, or get some sunlight if possible



- try to avoid smoking, drinking or taking drugs

	<p>List of Illnesses</p> <p>Some people might get very ill if they already have some health conditions and then get coronavirus.</p> <p>This list shows you who is in that group of people.</p>
	<p>People with some types of cancer</p>
	<p>People who have been given a new organ such as a new kidney, lung or liver</p>
	<p>People born with a medical condition that means they get infections very easily.</p> <p>Or people getting a type of medical treatment that makes it hard fight off infections.</p>
	<p>People who already have a type of medical condition that makes it very hard to breathe</p>
	<p>Women who are pregnant and have heart disease</p>

	<p>A full list of the conditions that put people at more risk is on this weblink (insert short weblink to NHS England coronavirus page or to Gov.uk page below)</p>
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<https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>