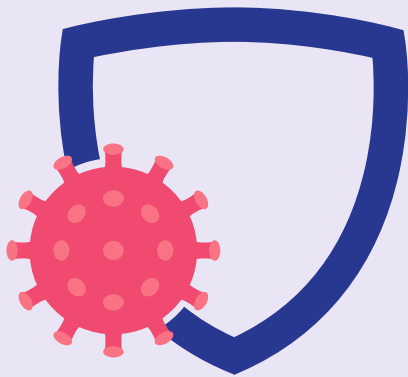


COVID-19

(Coronavirus)



GUIDANCE FOR PROTECTING PERSONS AT HIGHER RISK FROM INFECTION (SHIELDING)

Coronavirus can make anyone seriously ill, but some persons are **extremely vulnerable** and are at a higher risk and need to take extra steps to avoid becoming unwell – this is called **shielding**. **Some workplace settings such as, healthcare, will require more detailed advice from their Employer.**

What is shielding?

Shielding is a measure to protect clinically extremely vulnerable people from coming into contact with coronavirus, by minimising all interaction between them and others, especially individuals not living in your household.

The shielding measures that must be taken are:

- Stay home at all times, **DO NOT LEAVE YOUR HOME OR YOUR OUTDOOR PROPERTY (e.g. PORCH OR YARD).**
- Minimize all non-essential contact with other members of your household.
- Avoid any face-to-face contact
- Strictly avoid contact with someone who is displaying symptoms of coronavirus. These symptoms include high temperature and new or continuous cough.
- Visits from those who provide essential support to you such as healthcare, personal support with your activities of daily living should continue; however, caregivers and healthcare professionals should stay away if they have any symptoms of COVID-19.
- All people coming into your home should wash their hands with soap and water for at least 20 seconds on arrival to your home and often while they remain in your home.
- Do not attend any gatherings e.g., Religious services.

Who are the extremely vulnerable persons?

Clinically extremely vulnerable persons, including children, are persons who are at a very high risk of severe illness from Coronavirus, due to an underlying health condition, and may require admission to hospital.

Clinically extremely vulnerable persons are those who have one or more of the following conditions or circumstances:

- Solid organ transplant recipients e.g., Kidney, liver.
- Specific cancers:
 - Currently undergoing active chemotherapy
 - Lung cancer currently undergoing radical radiotherapy
 - Blood cancers or bone marrow cancers e.g. Leukemia, lymphoma or myeloma at any stage of treatment.
 - Immunotherapy or continuing antibody treatments for cancer
 - Targeted cancer treatments, which can affect the immune system i.e. Protein kinase inhibitors or PARP inhibitors.
 - Bone marrow or stem cell transplants in the last six months or are still taking immunosuppression drugs.



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- Severe respiratory conditions including ALL cystic fibrosis diagnoses, SEVERE asthma, SEVERE COPD.
 - Severe asthma defined as asthma which 'requires treatment with high-dose inhaled corticosteroids plus a second controller (and/or systemic corticosteroids) to prevent it from becoming "uncontrolled", or which remains "uncontrolled" despite this therapy'.
 - Severe COPD defined as 'severe airflow obstruction in patients with COPD as those who have an FEV1 less than 50% of predicted. Other factors associated with a worse prognosis in patients with COPD include: past history of hospital admission; need for long-term oxygen therapy or non-invasive ventilation; limiting breathlessness; the presence of frailty and multi-morbidity'.
- Rare disease and inborn errors of metabolism that significantly increase the risk of infections e.g., Severe combined immunodeficiency.
- Currently taking immunosuppression therapies that will significantly increase the risk of infections, (such as Severe combined immunodeficiency homozygous sickle cell)
- Women who are pregnant **WITH** significant congenital or acquired heart disease.

What is the difference between physical distancing and shielding?

- Shielding requires you to stay home at all times.
- Avoid going out for food and medicine, ask a friend, neighbor or family member to bring supplies where possible.
- Utilize delivery services when possible. Most pharmacies on island are offering a delivery service, contact your local pharmacy to inquire.

If you believe you fall into any of these categories, please discuss concerns with your doctor for further guidance.

If you need further support, please review the support services compiled by the Third Sector Coordinated Crisis Response Effort here: <https://www.facebook.com/ThirdSectorCoordinatedCrisisResponseEffort>

How to look after your wellbeing?

It is very hard to stay home and reduce contact with other people. These are things you can do to stay in contact:

- Stay in touch with family and friends on phone or social media
- Spending time doing things you enjoy – reading, cooking, indoor hobbies, listening to the radio, watching TV, listening to music, etc.
- Do light exercise at home
- Spending time with windows open to let in fresh air
- Spend time in your garden or on your doorstep if possible but stay at least 2 metres or 6 feet away from other people.

Sources:

NHS: <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>

Coronavirus (COVID-19): Shielding <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/coronavirus-covid-19-shielding>

COVID-19 rapid guideline: severe asthma. NICE Guidance. <https://www.nice.org.uk/guidance/NG166>

COVID-19 rapid guideline: community-based care of patients with chronic obstructive pulmonary disease (COPD). <https://www.nice.org.uk/guidance/ng168/chapter/1-Communicating-with-patients-and-minimising-risk>

