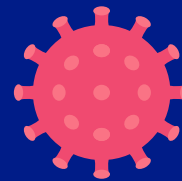


COVID-19 (Coronavirus)



Shielding Guidelines for People with COPD

Coronavirus can make anyone seriously ill, but some vulnerable persons are at higher risk and need to take extra steps to avoid becoming unwell.

Who should be shielding?

People are considered at high risk if they have **severe COPD**:

- You have severe or very severe airflow obstruction. If the lung damaged is less than 50% of what it should be, it is classed as severe or very severe (GOLD grade 3 or 4)
- People who have been admitted to hospital in the past because of an acute attack/escalation of their lung condition
- People who are very limited by breathlessness—this means that even walking normally at your own pace, you have to stop after 100 yards or a few minutes on level ground
- People who have multiple medical problems—many people with COPD have other medical problems, such as heart disease, high blood pressure and diabetes
- People who need to use oxygen therapy at home
- People who are on three medications for their lung condition. Either separate medicines or combination medicines, or taking Roflumilast. (Some people taking these medications may only have mild COPD—check with your doctor if you have questions)

Talk to your doctor if you are not sure if you are in a high-risk group

What is shielding?

Shielding is a measure to protect the extremely vulnerable population by minimising interaction between those who are extremely vulnerable and others. Shielding measures that should be taken are:

- Stay home at all times
- Go outside & walk daily on your property, but stay six feet away from others
- Have groceries delivered, if possible
- Minimise 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, including a **high temperature and a new or continuous cough**
- Visits from those who provide essential support to you, such as healthcare workers or caregivers, can continue; all people coming to the house should wash their hands with soap and water for at least 20 seconds when they arrive, and often during their visit. However, they should stay away if they have any symptoms of coronavirus

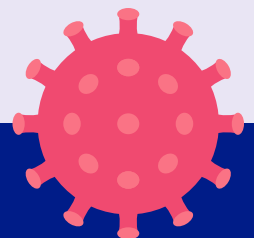
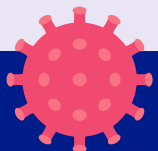
The aim is:

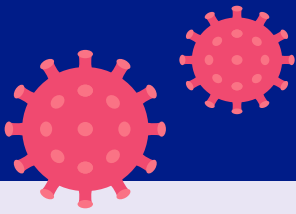
- To avoid an acute attack/episode
- Take your medications and inhalers **daily** as prescribed by your doctor
- Always carry your emergency reliever inhaler (usually a blue inhaler) **Ventolin/Airomir/Salamol/Atrovent**
- Avoid plug-ins, diffusers, scented candles, air fresheners, and household chemical sprays as they can make you more breathless
- Seek help and call your doctor when needed; do not let your COPD get worse

Supporting your well-being while shielding

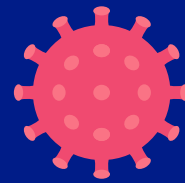
It is important to look after yourself while you are shielding, as staying home, especially without contact with others, can be hard to cope with:

Stay informed on the latest developments about COVID-19 by visiting the Government of Bermuda's website coronavirus.gov.bm





COVID-19 (Coronavirus)



- Eat healthy meals, drink enough water, and try not to increase how much alcohol you drink. If you smoke, now is a great time to give up, as smoking raises the risks of coronavirus
- Open windows and doors at home and let fresh air blow through the house
- Stay social—it is important to keep in touch with friends and family. You can send texts or emails, call people on the phone, or use video chats
- Look after your mental health—lots of people are feeling anxious or struggling with their mental health during this period of uncertainty. Tips that help you cope include:

1. Make sure you look after yourself, so you feel more able to cope with whatever happens
2. Watch out for bad habits, like increasing your alcohol consumption. Try to make sure you are getting exercise and fresh air
3. Keep in touch with your friends and family—in stressful times, we cope better with support
4. If you have questions related to COVID-19, call the national hotline: 444-2498. Stay informed and follow advice on the government website: **www.gov.bm/coronavirus**.

Source: adapted from <https://www.asthma.org.uk/coronavirus> and www.blf.org.uk/support-for-you/coronavirus/what-is-social-shielding?



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