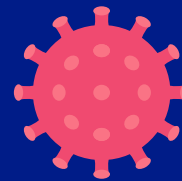


COVID-19 (Coronavirus)



Vulnerable Persons Shielding Guidance

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

Who are vulnerable persons?

Vulnerable persons, including children, are persons who are at a high risk of severe illness from coronavirus (COVID-19), due to an underlying health condition, and may require an admission to hospital.

Vulnerable persons are those who have one or more of the following conditions or circumstances:

- Solid organ transplant recipients ie. kidney, liver.
- Specific cancers:
 - Currently undergoing active chemotherapy
 - Lung cancer currently undergoing radical radiotherapy
 - Blood cancers or bone marrow cancers ie. 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 ie. protein kinase inhibitors
 - Bone marrow or stem cell transplants in the last six months or are still taking immunosuppression drugs
- Severe respiratory conditions including ALL cystic fibrosis diagnoses, SEVERE asthma, SEVERE COPD.
- 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, including prolonged use of corticosteroids or other immune weakening drugs, or those used in the management of other chronic illnesses.
- Women who are pregnant, especially those with significant congenital or acquired heart disease.
- Severe obesity, defined as a body mass index (BMI) of 40 or higher.
- Poorly controlled chronic conditions, especially related to heart disease, respiratory illness, or Diabetes.
- HIV that is not managed by HIV treatment or for those who have a low CD4 cell count.

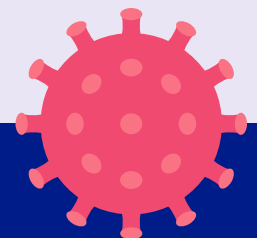
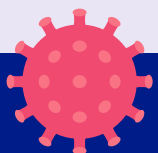
What is shielding?

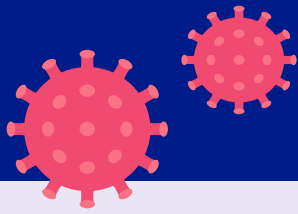
Shielding is a measure to protect the extremely vulnerable population by minimizing interaction between those who are extremely vulnerable and others.

The shielding measures that must be taken are:

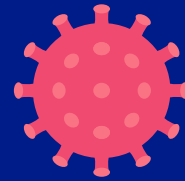
- Stay home at all times, DO NOT LEAVE YOUR HOME.
- Minimize all non-essential contact with other member of your household.
- Avoid any face-to-face contact
- Strictly avoid contact with someone who is displaying symptoms of coronavirus. These symptoms include high temperature and new or continuous cough.
- Visits from those who provide essential support to you such as healthcare, personal support with your activities of daily living should continue, however the caregiver and healthcare professionals should stay away if they have any symptoms of coronavirus.

Learn more about how to protect yourself at <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public> and [coronavirus.gov.bm](https://www.gov.bm)





COVID-19 (Coronavirus)



- All people coming into your home should wash their hands with soap and water for at least 20 seconds upon arrival to your home and often while they remain in your home.
- Do not attend any gatherings i.e. religious services.

What is the difference between social 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 a local doctor for further guidance.

How to look after your wellbeing?

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

- Stay in touch with family and friends on the phone or social media
- Spend 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 (6 feet) away from other people.

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>

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