

# Coronavirus: Covid-19

UK Guidelines (subject to change)

Cases of coronavirus are increasing rapidly in the UK, which suggests it is circulating in the community and spreading from person to person.

While everyone is being advised to keep their distance from other people to help stop the spread, some people with underlying health conditions need to take even more precautions to protect themselves.

Everyone should avoid gatherings with friends and family, as well as large gatherings and crowded places, such as pubs, clubs and theatres. (HAVE SINCE CLOSED)

People should avoid non-essential travel and work from home if they can.

All "unnecessary" visits to friends and relatives in care homes should cease.

People should only use the NHS "where we really need to" - and can reduce the burden on workers by getting advice on the NHS website where possible.

Those with the most serious health conditions must be "largely shielded from social contact for around 12 weeks".

If one person in any household has a persistent cough or fever, everyone living there must stay at home for 14 days.

Those people should, if possible, avoid leaving the house "even to buy food or essentials" - but they may leave the house "for exercise and, in that case, at a safe distance from others".

People over the age of 70 people with underlying health conditions transplant patients.

Other adults who would normally be advised to have the flu vaccine (such as those with chronic diseases).

Pregnant women.

Those most at risk will receive letters or text messages from the NHS strongly advising them not to go out for 12 weeks.

## **At risk people include:**

Solid organ transplant recipients

Some people with cancer who are undergoing treatments such as chemotherapy and radiotherapy

People on immunosuppression drugs

Women who are pregnant and have heart disease

People with severe respiratory conditions - cystic fibrosis, severe asthma and COPD

Some people with rare diseases such as severe combined immunodeficiency

If you think you or a loved one are in this highest risk category and have not received a letter from the NHS by Sunday 29 March 2020 or been contacted by your GP, get in touch with your GP or hospital doctor by phone or online.