LETTER FROM THE DOCTOR

This letter is about how to keep you safe from Coronavirus and how to get help if you need it.

Your doctor says that you have some problems with your health.

If you catch Coronavirus, you could get very ill and go to hospital.
To keep yourself safe from Coronavirus you should stay at home for 12 weeks.

You must not see anyone apart from your support staff, a nurse or a doctor for 12 weeks.

If you have support staff or family and friends, they will help you get medicine, food and other essential shopping.
If you **don’t have anyone** to help you, go to


or call **0800 0288327**

If you suddenly get a **cough**, **fever** or find it **difficult to breathe**, tell staff or go online to

[https://111.nhs.uk/covid-19/](https://111.nhs.uk/covid-19/)

or call **111** for help **straight away**.

You can find **more advice** about Coronavirus here:


[https://www.gov.uk/coronavirus](https://www.gov.uk/coronavirus)
HOW TO KEEP YOURSELF SAFE

To keep yourself safe from Coronavirus you must do this:

Do not spend time with anyone who has a cough or a fever.

Do not leave your home.
Do not meet with your friends, family or any other groups of people.

Do not go shopping, travelling or out and about.

If someone delivers food or medicine to you, they must leave it at your door.
Talk to your friends and family on the **phone** or **online**.

If you need to speak to a **doctor**, do it on the **phone** or **online**.

**Wash your hands** with **soap and water** for at least **20 seconds** many times a day.
If you live with other people, they must help you stay safe and **try not to have contact with many other people** outside the home.

To keep yourself **safe** from **Coronavirus** in your **home** you should do this:

**Do not** spend much time in shared rooms with others such as **kitchen**, **living room**, **shared bathroom**.
Make sure rooms you spend time in get plenty of fresh air.

Try to always be 3 steps away (2 metres) from other people.

Sleep alone in a separate bed.
Use your **own bathroom**, if you have one.

If you must share your **bathroom** with others, it must be **cleaned after every use**.

**Do not** share your towel with anyone.
Do not use the kitchen when someone else is using it.

Eat your meals in your room.

Anything you use in the kitchen and to eat or drink must be cleaned really well. Use a dishwasher if you have one.
YOUR CARE

Please talk to your staff, friends and family about how they can support you during this time.

You will still be supported with your health during this time.

Staff, nurses or doctors who support you in your home must:
Not come into your home if they have a cough or a fever.

Wash their hands with soap and water for at least 20 seconds when they arrive and often.

Speak to you about what happens if they become unwell.
YOUR MEDS

If you usually get your medicine delivered, they will keep getting delivered.

If you usually pick up your medicine from a pharmacy, ask somebody else to pick them up for you.

You can also call your pharmacy to ask somebody to bring your medicine to you.
If you take special hospital medicine, you must ask your hospital to bring them to you.

YOUR JOB

If you have a job, you can show the letter from the NHS to excuse you from work.
If you have a **planned doctor’s appointment** or need to speak to a doctor, we will try to do this **by phone**, **email** or **online**.

If we agree that you **need to be seen by a doctor**, we will arrange for you to **come to the doctor** or the **doctor to come to you**.

If you have a **planned hospital appointment**, **check** if it is not postponed or cancelled before going.
If you have an urgent question about your health, please call your clinic or your hospital team.

We will try to help you by phone or online, or arrange for you to see a doctor if needed.

Prepare a bag that you can use in case you have to go to the hospital if you get very ill.
This bag should include some **things** and some **information:**

**Who to call** in case something happens to you.

**A list of medicines** you take and when you take them.
A list of doctor’s appointments you had planned.

Your Hospital Passport or Care Plan if you have one.

Things you would need overnight, like your medicine, toothbrush and pyjamas.
You might be worried and frustrated about what is happening.

This can make your mental health worse.

Do these things to keep yourself healthy and happy:
Exercise – if you need ideas, look on NHS and Achieve Together websites

Spend time doing things you enjoy in the house

Eat healthy food
Drink **lots of water**

Avoid smoking, drinking alcohol or doing drugs

Open windows to let the fresh air in
Look at the beautiful view from your window

Go in the garden or sit on your front step (remember to stay 3 steps away from people)

You can find more advice about mental health here:

https://www.nhs.uk/oneyou/every-mind-matters/

https://www.nhs.uk/conditions/stress-anxiety-depression/
HIGH RISK OF GETTING ILL

If you have any of these illnesses or conditions, you are likely to get very ill, if you catch Coronavirus:

- If you have had surgery to get a new organ
- If you have cancer
If you have illnesses that stop you breathing properly

If you have a rare illness to do with your metabolism

If you take medicine that make you catch other illnesses easily
If your heart is poorly

If you are pregnant