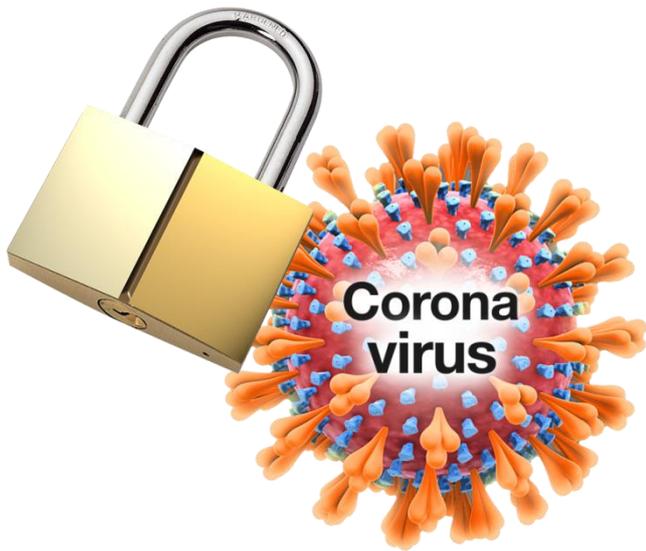


## LETTER FROM THE DOCTOR



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

<http://www.gov.uk/coronavirus-extremely-vulnerable>

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/>

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

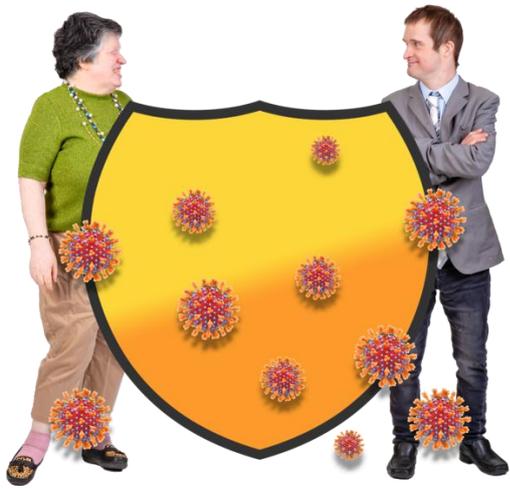


You can find **more advice** about Coronavirus here:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://www.gov.uk/coronavirus>

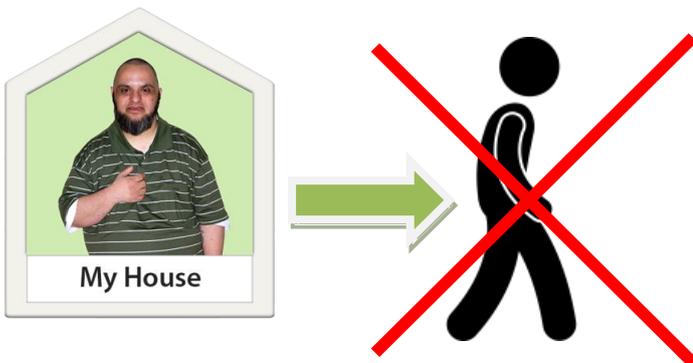
## HOW TO KEEP YOURSELF SAFE



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.



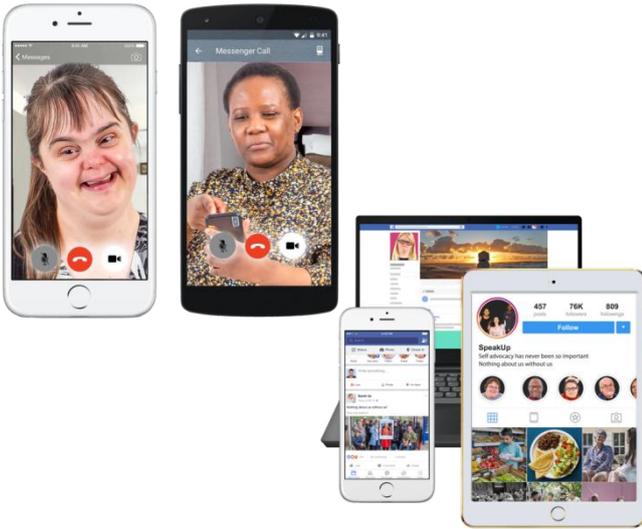
**Do not meet** with your friends, family or any other groups of people.



**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.

## HOW TO KEEP SAFE IN YOUR HOME



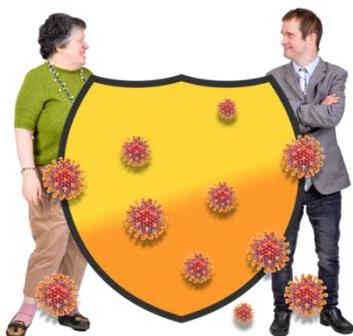
Our House



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.



Our House



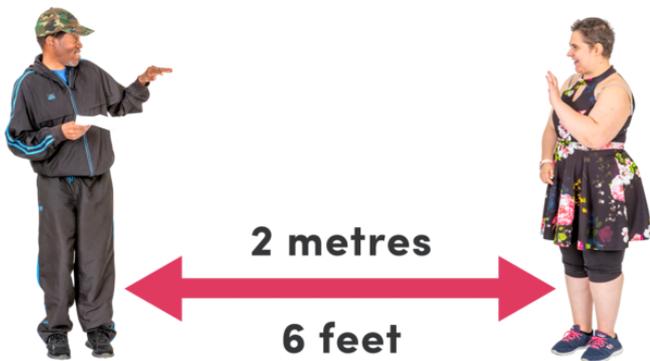
To keep yourself **safe** from **Coronavirus** in your **home** you should do this:



**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.

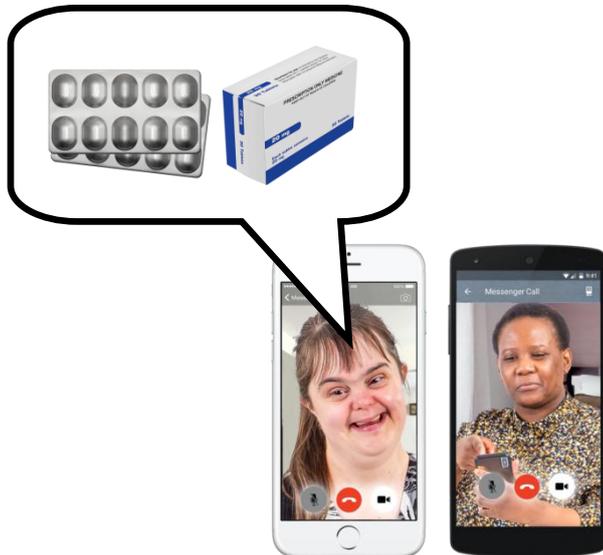


Speak to you about what  
happens if they become  
**unwell**.

## 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

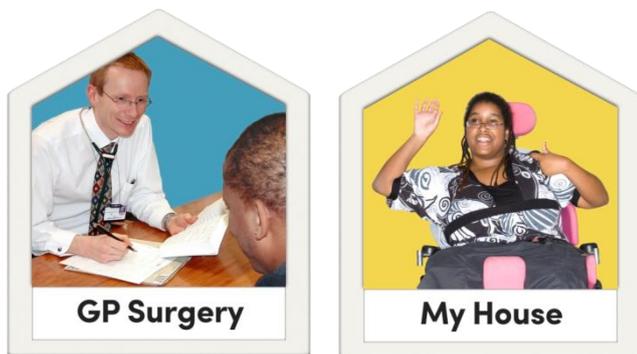


If you have a job, you can show the letter from the NHS to **excuse you from work.**

## YOUR DOCTOR AND HOSPITAL APPOINTMENTS



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.

## GOING TO THE HOSPITAL



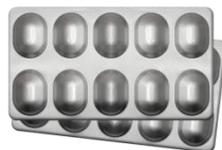
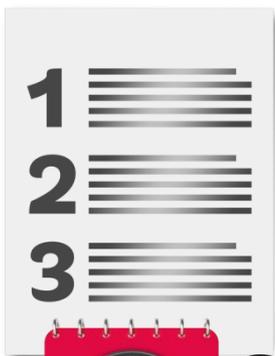
If you have an **urgent question** about your **health**, please call **your clinic** or your **hospital team**.



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



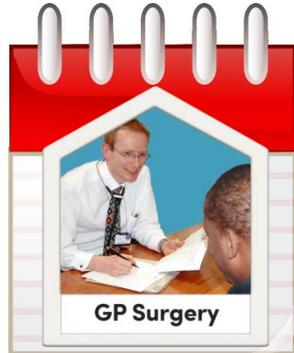
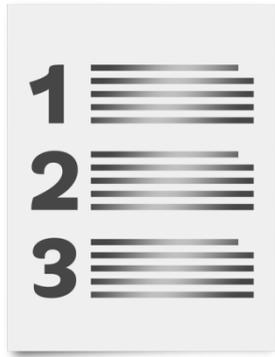
Prepare a **bag** that you can use in case you have to go to **the hospital** if you get very ill.



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.



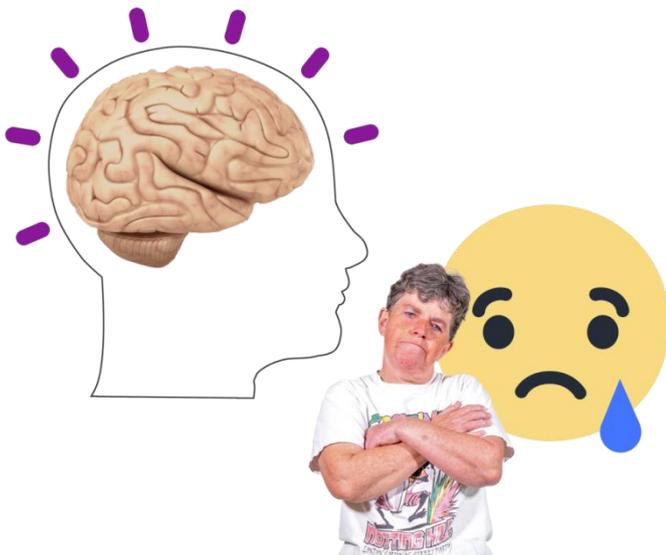
Things you would **need overnight**, like your medicine, toothbrush and pyjamas.

## YOUR MENTAL HEALTH

---



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)

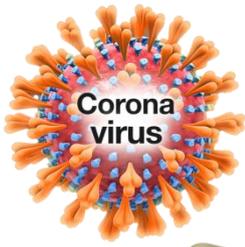


You can find **more advice** about mental health here:

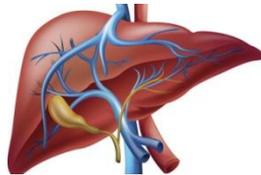
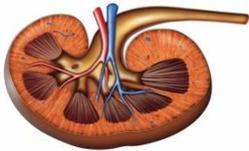
<https://www.nhs.uk/oneyou/every-mind-matters/>

<https://www.nhs.uk/conditions/stress-anxiety-depression/>

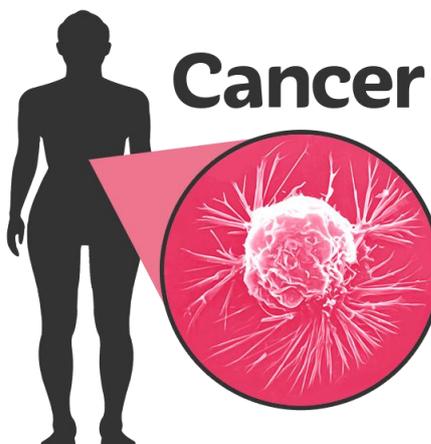
## HIGH RISK OF GETTING ILL



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



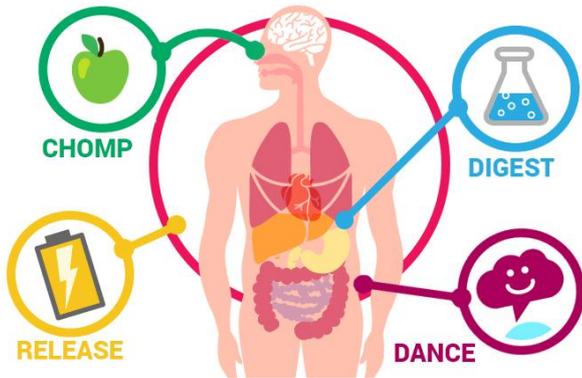
If you have had surgery to get a **new organ**



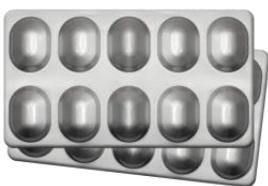
If you have **cancer**



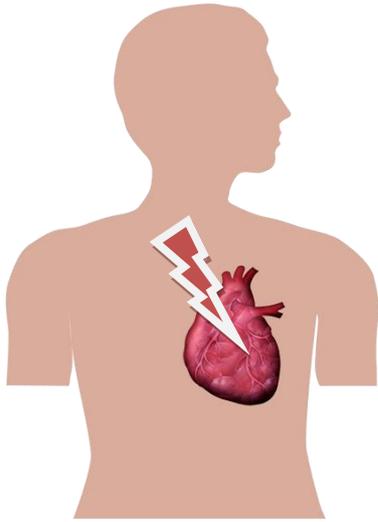
If you have illnesses that **stop you breathing properly**



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**