

## Home Isolation (Shielding): Key Points for Patients

All people who have a health condition that makes them extremely vulnerable to coronavirus are being asked by the Government to stay at home and take special steps to protect themselves. The government is calling this ‘Shielding’.

We know this is an extremely worrying time for you and you will have a lot of questions.

### Here are some key points:

1. If you develop a **temperature or a new persistent cough**, please contact triage in the usual way 01865 572 192, NOT 111.
2. **Continue to attend hospital** appointments, as advised.
3. **Self-isolation:** please see the government advice here: <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>.
4. **Getting government support** as an extremely vulnerable person: later this week you can register here: <https://www.gov.uk/coronavirus-extremely-vulnerable>
5. **Medications:** we will ask you if these can be collected by someone else for you, if this is not possible, we will arrange courier delivery.
6. **Food:** we are still awaiting the government plans, but in the meantime, ask a neighbour, family member or friend to shop for you.
7. **COVID buddy:** please make sure you have someone who knows about you and your condition, who can check in on you regularly by phone/Skype etc., you can also do the same for them.
8. **Mental health** and well-being, advice here: <https://www.nhs.uk/oneyou/every-mind-matters/>

For more information about coronavirus / COVID-19 please visit the following:

<http://nssg.oxford-haematology.org.uk/covid19/documents/ouh-covid-19-information.pdf>

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