

Shielding Guidelines for People with Lymphoma

What is 'shielding'?

Shielding is used to protect extremely vulnerable people from coming into contact with coronavirus. Shielding means:

- Do not leave your house.
- Do not attend any gatherings. This includes gatherings of friends and families in private spaces, for example, family homes, weddings and religious services.
- Strictly avoid contact with someone who is displaying symptoms of coronavirus (COVID-19). These symptoms include high temperature and/or new and continuous cough.

The Government is currently advising people to shield until the end of June and is regularly monitoring this position.

You can continue to have visits from people who provide essential support to you such as healthcare, personal support with your daily needs or social care. However, carers and care workers must stay away if they have any of the symptoms of coronavirus (COVID-19). All people coming to your home should wash their hands with soap and water for at least 20 seconds when they arrive, and repeat frequently.

People who are shielding should access support to arrange home delivery of essential supplies. In addition to local support, the government is making a list of people who are extremely vulnerable. This list will help to ensure that you get the support you need. You may have received a letter about this from the NHS or your GP. You should also register with the Government so that you can get help if you need it. Go to <https://www.gov.uk/coronavirus-extremely-vulnerable> or call 0800 0288327, the Government's dedicated helpline.

Who should shield?

1. Anyone on active treatment including chemotherapy, immunotherapy, radiotherapy, targeted agents;
2. Patients on other immunosuppressive treatment (oral methotrexate or ciclosporin)
3. Any patients with low grade lymphoma: pre-treatment (i.e. on watch and wait), and post treatment;
4. Patients within 2 years of systemic treatment given with curative intent (e.g. R-CHOP, ABVD);
5. Patients within 2 years of an autologous stem cell transplant for lymphoma;
6. Patients beyond 2 years of curative treatment but who have symptoms or signs of being immunosuppressed e.g. hypogammaglobulinaemia, frequent infections;
7. Patients who have had a splenectomy.

These guidelines are intended to keep you as safe as possible by minimising your risk of exposure to coronavirus. It may be possible in future to change this guidance for some lymphoma subtypes as new evidence becomes available. However at the moment we know that people with reduced immunity are at significant risk of serious complications of COVID-19. For this reason, we hope you will be able to do all you can to keep yourself safe.

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This is a controlled document and therefore must not be changed		