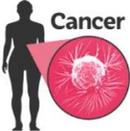
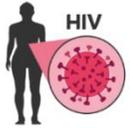


Date: 26<sup>th</sup> March 2020

	<p>People that use emh care &amp; support services may be more at risk if they catch coronavirus.</p>
	<p>The government has instructed that vulnerable people need to be shielded from the coronavirus</p>
	<p>Shielding is the name for things we need to do to protect vulnerable people from the coronavirus.</p>
	<p>We are putting lots of things in place to help stop the spread of coronavirus.</p>
	<p>It is very important you read <b><u>pages 2-3</u></b> if you:</p>
	<p>Are in a high risk group</p>
	<p>Live with other people or in a nursing home</p>
	<p>There are things you need to do even if you do not have any symptoms or fall into the risk groups on <b><u>page 4</u></b></p>
	<p>If you show symptoms of coronavirus you may have to self-isolate.</p>
	<p>You can find out how to do that on <b><u>page 5</u></b></p>

## At Risk Groups and Coronavirus High Risk Group

<u>Who is in the High Risk Group?</u>		<u>What to do if you are in the High Risk Group</u>	
	People who fall in the high risk group include:		<b>DO NOT</b> come into contact with anyone showing coronavirus symptoms - high temperature or cough that does not go away
	People that have received an organ transplant		Make sure family and friends know that you are shielding and they should not visit
	People that have cancer		Do not leave the house except for some exercise in your garden
	People that have conditions that affect their breathing like cystic fibrosis or asthma		Do not go to any gatherings or events with family or friends, examples include weddings or religious services
	People with diseases that are more at risk of infection		Do not visit family or friends at their homes
	People that are taking treatment which affects their immune system		Do not go out for shopping or activities
	Your immune system is what protects your body against illnesses		Food and medication deliveries should be left on your doorstep

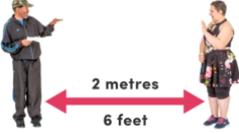
## At Risk Groups and Coronavirus

<u>Who is also more at risk?</u>		<u>What to do if you are more at risk</u>	
	People that use the following services are also more at risk if they get the coronavirus:		Avoid shared spaces such as the kitchen or the living room as much as you can
	People that live in nursing homes		Keep shared spaces well ventilated such as opening the windows
	People that live in supported living		Keep 2 metres apart from each other as much as possible
	People that live in extra care schemes		Imagine an adult lying down between you
			Keep your hands clean by washing them with soap and water - try and do this for 20 seconds
			Try not to touch your face
			If you share a toilet or bathroom with someone else it needs to be cleaned after you have used it

## At Risk Groups and Coronavirus

	<p>There are also measures we must follow even if we have no symptoms and are not in any of the risk groups.</p>
	<p>These measures have been set by the government.</p>
	<p>If you have medical appointments and you are shielding it may be done over the phone.</p>
	<p>Some hospitals may need to cancel certain appointments or rearrange them for a later date.</p>
	<p>If you are not sure about any appointments check to see if they are still going ahead.</p>
	<p>Your GP will make sure you get all the medical care you need.</p>
	<p>If you begin to show symptoms of coronavirus we will contact the local 'Health Protection Team'.</p>
	<p>They may advise you to self-isolate or be referred to the NHS.</p>
	<p>If you need to self-isolate there are certain measures that need to be followed.</p>
	<p>If you live with other people you may need to spend more time in your room and avoid shared spaces.</p>

At Risk Groups and Coronavirus

	<p>You also need to aim to keep 2 metres apart from other people that live with you.</p>
	<p>Staff supporting you will need to use 'Personal Protective Equipment' such as gloves and wash their hands a lot.</p>
	<p>If you share a toilet or bathroom then it needs to be cleaned after every time you use it.</p>
	<p>You may also need to let people that <b>are not showing symptoms</b> use the bathroom first.</p>
	<p>Use separate tea towels and bath towels.</p>
	<p>Deliveries including food need to be left on the doorstep.</p>
	<p>There should be <b>no social visitors</b> to your home including friends and family that do not live with you.</p>
	<p>Staying at home for a long time is very difficult, annoying and lonely for people.</p>
	<p>This makes it very important to find things to do to keep busy, ideas include:</p>
	<p>Cooking</p>
	<p>Reading</p>
	<p>Watching TV or films</p>

	Playing games
	Listening to the radio
	Going out into the garden or opening the window
	Do some light, regular exercise
	Eat healthy meals