



Your Survival Guide to Coronavirus Highest Risk Category Patients

Important Advice to Keep You, or the Person You Care For Safe

Fully Integrated with:

**Advice &
Guidance**

NHS Digital Assured

Your Doctor has identified YOU as being at high risk of hospitalisation should you catch the Coronavirus infection.

There is now a widespread outbreak of the virus. It is essential that you and those you are living with are appropriately shielded to keep you safe.

Please do take a little time to look carefully at this brochure.

Why Do You Need to be Shielded Through Self-isolation?

It is impossible to know who has the deadly Coronavirus (COVID-19) infection. Anyone can transfer it on their hands or through their breath. Many people will have the virus with no symptoms.

Due to your underlying health illness(es) you could become severely unwell if you come into contact with this virus. This is why you need to be effectively shielded.



How to Effectively Self-isolate

1 - Please Stay at Home

Stay at home at all times. This will stop you from coming into contact with the dangerous Coronavirus virus.

Do not invite family members or friends around unless this is needed to provide you with essential supplies.

Any essential carers or visitors who support you with your everyday needs can continue to visit, but need to take special care because they may have Coronavirus.



2 - Regularly Wash Your Hands

You should regularly wash your hands with soap and water for 20 seconds, especially prior to eating or after coughing, sneezing or handling delivered post, food products or medication.

For extra protection use alcohol based sanitiser after washing.

All essential visitors must remain more than 2 metres away from you where possible and must sterilise their hands with hand soap or gel for 20 seconds, as soon as they arrive.



3 - Maintain Your Distance from Each Other

In your home:

- minimise the time you spend with others in shared spaces (kitchen, bathroom and sitting areas)
- keep shared spaces well ventilated
- aim to keep 2 metres (3 steps) away from others and encourage them to sleep in a different bed where possible
- use separate towels and, if possible, use a separate bathroom from the rest of the household
- clean the bathroom after every use
- avoid using the kitchen when others are present, take your meals back to your room to eat where possible, and ensure all kitchenware is cleaned thoroughly.

Ensure the rest of your household follow this guidance to keep you safe.



Support With Daily Living

Please ask others to do your shopping and pick up your medications, which should be left outside your door.

Ideally quarantine all deliveries (INCLUDING POST) for up to 72 hours as there is the potential for the Coronavirus to be on any deliveries.

Remember to wipe down all packaging with antibacterial wipes, then wash your hands after handling.

If you don't have anyone who can help you, please fill out your COVID questionnaire (see back page) and a member of your local team will contact you.

Help is also available from:

www.gov.uk/coronavirus-extremely-vulnerable

0800 028 8327



Report Any Symptoms

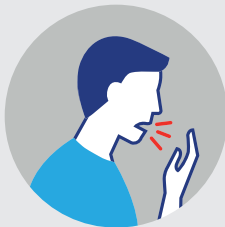
The three main symptoms of Coronavirus are

1. High temperature (above 37.8°C) / fever symptoms.
2. New dry continuous cough.
3. Loss or change to your sense of smell or taste.

If you have either of these symptoms please use the NHS 111 online coronavirus service (<https://111.nhs.uk/covid-19/>) or, if you don't have access to the internet, call NHS 111. Do this as soon as you get symptoms.



FEVER



COUGH



CHANGE TO SENSE
OF SMELL OR TASTE



Use Remote Technology

Keep in touch with friends and family by phone, email or social media.

Use telephone or online services to contact your GP or other essential services.

Visit www.nhspatient.org daily where you can update your healthcare team regularly using your unique patient code through your online portal or your mobile phone. Please also you register your preferred method of contact through this website.



Medical Care

GP practice appointments – wherever possible care will be provided by phone, email or online. Do contact your GP surgery in the usual way if you have any healthcare problems

Planned hospital appointments – Your hospital or clinic will contact you if changes need to be made to your care or treatment, otherwise you should assume care or treatment will take place as planned.

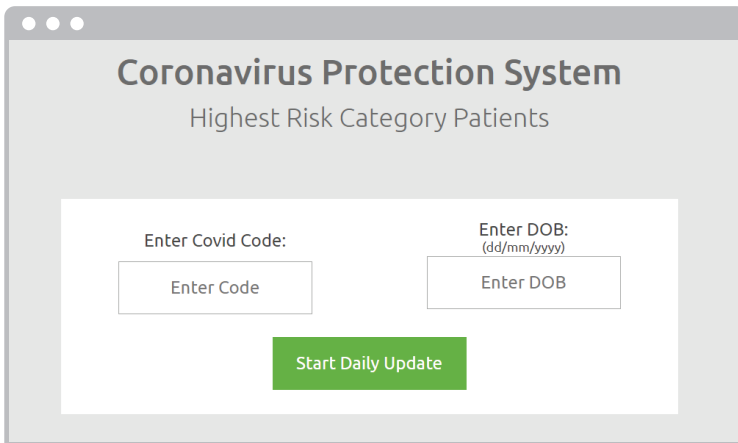
Urgent medical attention – If you have an urgent medical question relating to your existing medical condition, or the condition of the person you are caring for please contact your GP practice or specialist hospital care team, directly. If there is a priority phone number on the back of this information booklet you use this.

Keeping You Safe

Please ensure that you or your carer / family log in to www.nhspatient.org every day to update us with essential information. This will allow us to predict the need for medical support across our community.

Step 1: Go to the website www.nhspatient.org

Step 2: Enter your COVID code and date of birth then click **Start Daily Update**



The screenshot shows a web browser window with the title "Coronavirus Protection System" and subtitle "Highest Risk Category Patients". The form contains two input fields: "Enter Covid Code:" with a sub-field "Enter Code", and "Enter DOB: (dd/mm/yyyy)" with a sub-field "Enter DOB". Below these fields is a green button labeled "Start Daily Update".

Step 3: Fill out your short daily questionnaire.

The whole process takes less than 2 minutes. Help each other, by doing this each day your healthcare team will know who is in need of support.

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Please update your
Healthcare Team EVERY DAY
to help us keep you and our
community safe.

Name

COVID Number

Local Priority Phone Number