



Coronavirus - Shielding

30 March 2020

What is shielding?

Shielding is for people, including children, who are at very high risk of severe illness from Coronavirus (COVID-19).

This includes people who've had solid organ transplants, certain cancers, or other conditions like cystic fibrosis and severe asthma.

To reduce the risk of them becoming infected, it asks the person to go into quarantine for the 12 weeks.

This is different advice than for the rest of the population at this time.

Scotland's Chief Medical Officer is sending a letter to those affected.

People receiving the letter should not leave their homes at any time - not even for food, medicine or exercise.

What does this mean?

It means all supplies, i.e. food, medicine and key household products such as toiletries, will need to be delivered.

Ideally, this support will be provided by family or friends, or through online shopping or medicine delivered direct from a pharmacy.

If this is not possible, the council and our partners will arrange to get supplies to the person.

If someone in Renfrewshire needs this help, they can call the council's local assistance number on **0300 300 0230**.

What about the rest of my household?

Others in your home do not need to shield, but they must minimise the risk of bringing infection into the home wherever possible.

You should:

- Keep shared spaces well ventilated and minimise the time you spend in them.
- Stay two metres away at all times, if possible.
- Use separate towels and sleep in separate beds, if possible.
- Clean anything you use immediately after with the appropriate cleaning products.

How to access to food and medication

If friends, family or a community support group are able to collect and bring the essentials - while maintaining social distancing and leaving supplies at the door - they should do so.

If this support is not available, the council, Renfrewshire Health and Social Care Partnership and the NHS will work together to make sure they have access to what they need.

Call 0300 300 0230 for this support.

Pharmacies can deliver prescriptions directly. If the person has this service already they should continue to use it. If they do not, then they should ask their pharmacy to do this. Anyone shielding will be prioritised.

What if a shielded person becomes unwell?

Anyone being shielded who thinks they have developed the symptoms of Coronavirus, such as a new, continuous cough and/or high temperature (above 37.8 °C), must seek clinical advice immediately by phoning the NHS on 111.

Do this as soon as you get symptoms and do not wait.

Hospital or medical appointments

Where possible, GPs will provide care by phone, email or online. If they need to see a patient, they contact them directly.

Arranged hospital appointments will take place as planned, unless the patient is contacted directly.

Visitors

Anyone being shielded should not have visitors during this time.

Working arrangements

The letter from the Chief Medical Officer is evidence that you cannot work outside your home.

You do not need a separate fit note from your GP.

Contact your line manager as soon as possible if the shielding advice applies to you.

Where is there more information?

You can find more information on the NHS website - *Shielding*.

All local authorities are providing a support system so contact them directly if you are not a Renfrewshire resident.

How will Scottish Government keep people up-to-date?

The Scottish Government are running a text message service to keep in touch with people who are being shielded and give them the latest information.

This can be signed up to by texting the CHI number (ten-digit number at the top of the received letter) to **07860 064 525**.

How are the council helping?

Alongside our assistance number - **0300 300 0230** - there is information on health, wellbeing and more available on the council website.

>www.renfrewshire.gov.uk/coronavirus

Shielding

Others in the home

Access to food and medicine

Council support
0300 300 0230