



## COVID-19 (Coronavirus)

### Information for with underlying medical conditions who are shielding during exit from lockdown

Due to the emerging situation in the UK, Europe and across the world it is useful to consider measures to help protect anyone who may be more vulnerable to SARS-CoV2 (Coronavirus)

There are some things that will help prevent you from catching the virus:

- **Hand washing regularly** with soap and water for at least 20 seconds (sing through Happy Birthday twice!)
- **Avoid touching your mouth or face**
- **Continue Social Distancing** (see below)
- **If you smoke, consider stopping** (call Quitline Tel 233170)
- **Follow the Catch it, Kill it, Bin It plan** (carrying tissues, using them to catch a cough or sneeze, disposing of them in a waste bin and then killing any remaining germs by washing hands)

#### Shielding and Extremely Vulnerable Groups

For those falling into what we categorize as 'extremely vulnerable groups' we would ask that they consider adhering to the 'Stay at Home' message until we are confident that we have eliminated the virus locally.

We are concerned about the consequences of infection in these groups of people, therefore we do not recommend routinely engaging in extended household bubbles. Anyone in this group wanting to increase the number of people they are in contact with should seek advice from a healthcare professional who knows their medical history on the risks associated with increased direct social contact, specifically in relation to their clinical condition. This will enable a balance to be struck between promoting wider physical and mental wellbeing and protecting a person with a particular clinical condition from COVID-19.

Those who fall into the 'extremely vulnerable' group include:

1. Solid organ transplant recipients.
2. People with specific cancers:
  - people with cancer who are undergoing active chemotherapy or radical radiotherapy for lung cancer
  - people with cancers of the blood or bone marrow such as leukaemia, lymphoma or myeloma who are at any stage of treatment



- people having immunotherapy or other continuing antibody treatments for cancer
  - people having other targeted cancer treatments which can affect the immune system, such as protein kinase inhibitors or PARP inhibitors
  - people who have had bone marrow or stem cell transplants in the last 6 months, or who are still taking immunosuppression drugs.
3. People with severe respiratory conditions including cystic fibrosis, severe asthma and severe COPD.
  4. People with rare diseases and inborn errors of metabolism that significantly increase the risk of infections (such as SCID, homozygous sickle cell).
  5. People on immunosuppression therapies sufficient to significantly increase risk of infection.
  6. Women who are pregnant with significant heart disease, congenital or acquired.

For further information on all aspects of the Coronavirus go to [www.gov.gg/coronavirus](http://www.gov.gg/coronavirus)

For health concerns call the Coronavirus helpline Tel 756938 or 756969