

# COVID-19

## Information about shielding for those in the very high risk category

National  
helpline  
**0800 111  
4000**

### What is shielding?

Shielding is a measure to protect extremely vulnerable people from coming into contact with coronavirus, by minimising all contact between them and others.

Some groups of people, including children are at very high risk of severe illness from coronavirus (COVID-19) and should strictly follow shielding measures. It's also for their family, friends and carers.

People within this category are being asked to stringently self-isolate and the people that they live with, and other people they see, should strictly follow social distancing measures in order to protect them.

For more information on what shielding means see:

[www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/coronavirus-covid-19-shielding](http://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/coronavirus-covid-19-shielding)

### How will I know if I have to shield?

If you're in this group you will receive two letters with more information, including details on how to register with the SMS service.

In South Lanarkshire these letters have been issued to those who are severely clinically at risk, including people who are having chemotherapy and those with severe chest conditions. For more information on the very high risk categories see:

[www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/coronavirus-covid-19-shielding](http://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/coronavirus-covid-19-shielding)

For further information on how this group of people have been chosen see:

[www.gov.scot/publications/covid-shielding-contacts/pages/highest-risk-classification](http://www.gov.scot/publications/covid-shielding-contacts/pages/highest-risk-classification)

### I have not received a shielding letter, what do I do?

If you have not received a letter and do not believe you are in the very high risk group, you do not need to follow the shielding measures but you should still be particularly careful in trying to reduce the risk of becoming infected with Coronavirus/COVID-19. You should follow the most up to date guidance on social distancing, which will protect you and others from picking up the virus.

Adults who are eligible for an annual flu vaccine for medical reasons, will not all be proactively contacted but are asked to take additional steps to reduce their social interactions by following social distancing measures in order to reduce the transmission of coronavirus.

if you think you fall into the very high risk groups, and you have not received a letter, please contact your Doctor (GP). ▶

## Information about shielding for those in the very high risk category

### I have received a shielding letter, what do I do?

If you have received a shielding letter, the government has advised for the next 12 weeks that you should:

- **not leave your home;**
- **minimise all non-essential contact with other members of your household; and**
- **follow the advice given on face-to-face distancing measures.**

For more information about what you and other members of your household need to do see:

[www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/coronavirus-covid-19-shielding](http://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/coronavirus-covid-19-shielding)

The council will also contact you to see if you need any support with shopping and prescriptions.

### How do I get food and my prescriptions if I can't leave the house because I am shielding?

Discuss your daily needs with carers, family, friends, neighbours or local community groups, to see how they can support you. You can also use online services to arrange food deliveries from supermarkets and other shops such as your local butcher. You will be given priority on-line delivery slots.

The council will contact you to ask if you have support available from family or friends. If you do not they will arrange for you to receive a weekly grocery box direct to your home for the next 12 weeks. This is free of charge, however is a standard box of provisions. Any dietary requirements will be noted, but cannot be guaranteed. Arrangements will also be put in place to ensure that any prescriptions that you may need are delivered to your home.

If you have any problems with your grocery or prescription delivery, you can access further support:

- **Through the text message service, which is specifically for supporting people who are at higher risk of severe illness from coronavirus; or**
- **By phoning the council's, Community Wellbeing Helpline on 0303 123 1009 available Monday to Friday 9am to 5pm.**

For more information about food and prescription services see:

[www.gov.scot/publications/covid-shielding-contacts/](http://www.gov.scot/publications/covid-shielding-contacts/)

### Will I still receive my Home Care Service?

If you receive a home care service, the council will continue to provide this however we will take additional precautions to make sure that you are protected. This means that we may change the way in which we deliver your service.

