

April 2020

Dear Patient,

We have been informed that you have recently self-registered with the national database as being a clinically extremely vulnerable person. We have assessed your risk and your medical conditions do not meet the medical requirement, as defined by NHS England, to be classed as clinically extremely vulnerable. Therefore, you do not need to shield and should follow social distancing as advised by the Government.

The clinically extremely vulnerable 'shielding list' is based on the patients who are at the most severe risk from coronavirus, mostly due to immune problems. The full list of conditions can be found at <https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

The Chief Medical Officer has set the criteria for inclusion on the list. Only a very small percentage of our patients will be on the clinically extremely vulnerable 'shielding list', as advising patients to remain indoors for many weeks, or possibly months, is quite an extreme thing to ask. There are risks to your physical and mental health by doing this, and as restrictions are lifted, in the future, those on the clinically extremely vulnerable 'shielding list' will likely still have to remain indoors.

Most other patients are either at low risk if they have no significant medical issues, but all those over 70 years old or that would usually be offered an annual flu vaccination for example anyone with Asthma, COPD, or Diabetes, are at moderate risk. They are being advised to 'stringently social distance'. This is very similar to shielding but is less restrictive for example going out for shopping or exercise is still possible. Further information on social distancing is available at <https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults>

We hope this information is helpful for you. If you think you should still shield that is your decision, though it might be helpful to compare your medical issues with the criteria on the link above to help you decide, however you will not be eligible for the government program for assistance.

Yours sincerely



Dr Andrew Johnson



Dr Maher Al-Ausi