**Langton Medical Group**

**Re: Coronavirus - Summary of advice for**

**Social distancing / Shielding / Social isolation – PLEASE READ CAREFULLY**

**Social distancing is for everyone**

**Shielding is for very high risk people**

**Social isolation is for people who have Covid-19 or have symptoms**

**Social distancing** advice for everyone:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<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>

Stringent social distancing for

* Age 70 or older (regardless of medical conditions)
* Under 70 with an underlying health condition (ie anyone instructed to get a flu jab as an adult each year on medical grounds)
* Chronic (long term) respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
* Chronic heart disease, such as heart failure
* Chronic kidney disease
* Chronic liver disease, such as hepatitis
* Chronic neurological conditions, such as Parkinson disease, motor neurone disease, multiple sclerosis, a learning disability or cerebral palsy
* Problems with the spleen-for example, sickle cell disease or if the spleen has been removed
* A weakened immune system as the result of medical conditions such as HIV or medication such as steroid tablets or chemotherapy
* Being seriously overweight (BMI of 40 or above)
* Being pregnant

**Shielding for very high risk patients**

Guidance can be found at the following link….

[**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**](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)

**You are strongly advised to stay at home at all times and avoid any face-to-face contact for a period of at least 12 weeks. This period of time could change.**

High risk patients who should be in isolation and being shielded include:

1. Solid organ transplant recipients
2. Specific cancers ( to be advised by hospital specialist)
3. Severe respiratory disease including all cystic fibrosis, severe asthma and severe COPD (see 7 for definition of severe)
4. Rare diseases/inborn errors of metabolism
5. Those on immunosuppression, specifically
   1. Azathioprine
   2. Mycophenolate
   3. Cyclosporin
   4. Sirolimus
   5. Tacrolimus
6. Pregnant women with significant heart disease
7. Other people thought to be at high risk to whom the above guidance applies:

* Patients with diabetes with HbA1c greater than 75 (9%), recent diabetic ketoacidosis or poor medication adherence;
* Patients with Chronic Obstructive Pulmonary Disease (COPD) who have required hospitalisation in the last 12 months or patients who have required 2 or more courses of steroids and/or antibiotics in the last 12 months;
* Patients with asthma with a history of hospitalisation in the last 12 months or ever been admitted to intensive care;
* Patients with significant heart failure which has required hospitalisation for their heart failure within the last 12 months;
* Patients with multiple long-term conditions;
* Patients who have had a splenectomy;
* Patients taking continuous oral corticosteroids of the equivalent of 20 mg of prednisolone or more for over 4 weeks;
* Patients taking immunosuppressive or immunomodulating medication such as: ciclosporine, cyclophosphamide, azathioprine, leflunomide, methotrexate, mycophenolate.
* Other patients that the general practitioner considers would be at high risk such as patients with severe dementia, cognitive impairment.

Please also see:

<https://www.gov.uk/coronavirus-extremely-vulnerable>

**Social isolation –** if you have, or think you have, symptoms of coronavirus

[**https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection**](https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection)

Advice for any individual who has symptoms of possible coronavirus infection