

Richmond Council statement on Coronavirus (COVID-19)

30 March 2020

Richmond Council's Interim Director of Public Health, Shannon Katiyo, said:

"As we all know, in the wake of the Coronavirus outbreak the Government have introduced a series of unprecedented measures to prevent the spread of the virus.

"In my previous updates I have talked about some of them, including the importance of social distancing and self-isolation.

"The updates have also introduced a new term to the coronavirus glossary which has left some people confused: "Shielding".

"What is Shielding?

Shielding is a measure to protect people who are extremely vulnerable. These are people at very high risk of severe illness as a result of coronavirus (COVID-19) requiring admission to hospital. Shielding aims to minimise all interaction between those who are extremely vulnerable and others.

"Who is on the shielding list?

The list includes children and adults who are at very high risk of severe illness from coronavirus (COVID-19) because of an underlying health condition, and for their family, friends and carers, for example solid organ transplant recipients, people with specific cancers, severe respiratory conditions, rare diseases and inborn errors of metabolism, people on immunosuppression therapies, and pregnant women with significant heart disease. More information is available [here](#).

"How do I know if I am on the 'shielded' list?

The NHS have identified around 1.5 million patients across the country who need specific advice about their circumstances. If you are on the list, you may have

received a letter telling you that you are in this group or you may have been contacted by your GP or hospital clinician.

If you have been contacted, please stay at home at all times and avoid any face-to-face contact for a period of at least 12 weeks from the day you receive your letter. Please note that this period of time could change. The letter will also advise patients that if they don't have a care network close by, support is available to help accessing essentials e.g. food or prescriptions. Visits from people who provide essential support to you such as healthcare, personal support with your daily needs or social care should continue, but carers and care workers must stay away if they have any of the symptoms of coronavirus (COVID-19).

“What is the advice for people on the ‘shielding’ list?”

The advice is:

- Stay at home at all times and avoid any face-to-face contact for at least 12 weeks, from the day they receive their letter.
- Get all essential items delivered, and have the person leave them at the door. If you can't do this, you can [register for help with daily living tasks](#), such as social care and shopping. You can do this online or call 0800 028 8327, the Government's dedicated helpline
- Use phone or online services to contact your GP or specialist or other services
- At home, minimise all non-essential contact with people you live with
- People who provide essential support to you, such as health care, personal support for daily needs and social care should continue to visit. But carers must stay away if they have any symptoms of coronavirus.
- Hand washing remains essential: all people coming to the house should wash their hands with soap and warm water for at least 20 seconds when they arrive, and often while they are there.



- If someone else lives with you, they do not have to follow the shielding guidance. They should follow the social distancing guidance very closely and do what they can to support you.

“I didn’t get a letter, but I urgently need support, what do I do?”

“If you need urgent support accessing food or medicine, and you have no one in your close family or friends who can help, please call Richmond Council’s Community Hub. [More information.](#)”

Stay home and stay well!