

UNDERSTANDING THE DIFFERENCE BETWEEN 'AT RISK' AND 'HIGH RISK'

(Please note this your risk of having complications if you contract Covid-19, not how at risk you are of contracting it)

	Low risk	At risk	High risk – these patients should receive a letter to confirm they are high risk from the NHS
Who?	<ul style="list-style-type: none"> Those people with no underlying illnesses or health conditions under 70 years old Children 	<ul style="list-style-type: none"> Age 70 or older (regardless of medical conditions) Anyone with the following conditions... <ul style="list-style-type: none"> - Asthma - COPD - Chronic heart disease - Chronic kidney disease - Chronic liver disease - Parkinsons disease - Moto-neurone disease - Multiple sclerosis - Cerebral palsy - Diabetes - Sickle cell disease or if you have had your spleen removed - HIV or AIDS - If you are taking Steroid tablets - Very overweight e.g. BMI over 40 - High blood pressure Pregnant 	<ul style="list-style-type: none"> Severe COPD * Severe Asthma * Severe heart disease* Cystic fibrosis If you have had an organ transplant If you have Cancer and are currently undergoing active Chemotherapy or Radiotherapy People with Cancer of the blood or bone marrow such as Leukaemia, Lymphoma or Myeloma who are at any stage of their treatment People having immunotherapy or other continuing antibody treatments for Cancer People having other targeted Cancer treatments that can effect the immune system such as protein kinase inhibitors or PARP inhibitors People who have had bone marrow or stem cell transplants in the last 12 months or who are still taking immunosuppression drugs People on immunosuppressant therapies SCID and Homozygous sickle cell Pregnant with heart disease Patients on the following medication; Azathioprine, Mycophenolate, Cyclosporin, Sirolimus, Tacrolimus, Lefunomide, Methotraxate Dementia or cognitive impairment
What you should be doing?	<ul style="list-style-type: none"> Social distancing at ALL times OK to go to work if you are a key worker 	<ul style="list-style-type: none"> Social distancing at ALL times Advisable NOT to go to work unless you are a key worker 	<ul style="list-style-type: none"> Shielding at ALL times Stay at home at ALL times and avoid face to face contact with other people for at least 12 weeks DO NOT go to work even if you are a key worker Stay 3 steps away from others in the house

* SEVERE = Patients who have been hospitalised in the last 12 months or who have ever been admitted to intensive care with their condition and / or

Patients who have required 2 or more courses of antibiotics and / or steroids for their condition in the last 12 months