

# AT EXTREMELY HIGH RISK FROM CORONAVIRUS?

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus.

Some people are at extremely high risk of serious illness if they catch it. These people have/will be notified by letter by the government. They include:

- People who have has an organ transplant
- People with specific cancers:
- People with severe respiratory conditions (cystic fibrosis, severe asthma and severe COPD)
- People with rare diseases that significantly increase the risk of infections (such as SCID, homozygous sickle cell).
- People on immunosuppression therapies sufficient to significantly increase risk of infection.
- Women who are pregnant with significant heart disease, congenital or acquired

## PROTECT YOURSELF

### SHIELDING

You are strongly advised to stay at home at all times and avoid contact for at least 12 weeks

Carers and care agency staff should stay away if they have a cough/temperature/sore throat

All people entering your house should wash their hands with soap for at least 20s

Prepare an alternative list of people to care for you if your main carer becomes unwell

### OTHER SOURCES OF SUPPORT:

- <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://111.nhs.uk/covid-19>
- <https://www.asthma.org.uk/advice/triggers/coronavirus-covid-19/>
- <https://www.oxfordshiremind.org.uk>

## BE PREPARED

### ENSURE ADEQUATE SUPPLIES

2 weeks worth of food and essentials

Do not panic buy

### ACTIVATE YOUR SOCIAL NETWORK

Speak to neighbours and friends to arrange for help if you become unwell

### PROTECT YOUR WELLBEING

Exercise at home/outside at a distance of 2m from others

Try and eat healthy meals

Do things you enjoy

Ensure contact over the phone or online...talk about how you feel

### BE AWARE OF LOCAL SUPPORT

Many groups, & volunteers are gearing up to help:

In **Long Hanborough** contact:

- Facebook: Hanborough Covid 19 Mutual Aid Group
- 01993 651344

In **Eynsham** contact:

- Eynsham Good Neighbour Scheme: 07443 564516
- [eynshamhelp@gmail.com](mailto:eynshamhelp@gmail.com)
- Facebook: Eynsham Volunteers - Corona Virus Help

## IF YOU DEVELOP A TEMPERTURE OR NEW COUGH...

You should seek help via the NHS 111 online service or 111 helpline. **DO NOT DELAY.** In an emergency call 999