

**[Patient Name]** Patient address Line 1 Patient address Line 2

Patient address Line 3]

Date

# IMPORTANT: PERSONAL

**Your NHS number: [NHS NUMBER]**

Dear [patient name]

We have been made aware that you have recently self-registered with the government support database for clinically extremely vulnerable patients.

On reviewing your medical record, we are pleased to confirm that we ***do not*** believe you are part of this group of people.

The Government is not advising you to “shield”. Shielding yourself is a very severe measure. It means not leaving your home for 12 weeks other than for essential medical care. It is only recommended for those with specific clinical conditions.

If you are confused about why you are not being advised to shield, you can look at these frequently asked questions <https://www.england.nhs.uk/coronavirus/wp-content/uploads/sites/52/2020/03/20200402-FAQs-Patients-vFINAL.pdf>. You can also get in touch with us and if you wish to discuss the matter further.

Patients who are over 70 years old or have a condition that mean they would usually be offered an annual flu vaccination, for example anyone with asthma, COPD, or diabetes have an increased risk compared with the average healthy person. However, this risk is not big enough for the Government to advise everyone in this group to “shield”.

We recommend that you stringently follow the latest [social distancing guidance](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) to stay at home, not meet up with people outside your household, only go out once a day for exercise and maintain a two-metre distance with people outside your household.

We know this is a difficult time and you may be struggling to cope with your daily activities or accessing essentials. If this is the case, please get in touch with the [local council](https://www.gov.uk/find-local-council) who is working with the voluntary sector and others, to support you.

You can also ask for help from NHS Volunteer Responder scheme with short-term telephone support if you are feeling lonely, or for help with collecting shopping, medication or other essential supplies that you need delivered to your home. You can ask for help by calling 0808 1963646 between 8am-8pm.

If you haven’t already done so, please do continue to contact us by phone, email or online if you have concerns about your health.

*You might also find the following sources of information useful:*

* + - Health at home has information about NHS services that are available such as how to order repeat prescriptions online and get them delivered <https://www.nhs.uk/health-at-home/>
    - Looking after your mental health and wellbeing during the COVID-19 pandemic: <https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>
    - Government advice on Employment and financial support: <https://www.gov.uk/coronavirus>

Yours sincerely,

[GP name]

[Practice]

[Phone number]