

COVID19: ADVICE FOR PEOPLE AT RISK – BEING PREPARED!

- Self-isolation advice has been advised for people who are at higher risk of complications from coronavirus (COVID19):
 - People aged over 70 years
 - Pregnant women
 - People with multiple chronic or long-term conditions
 - Cardiovascular problems e.g. angina, previous heart attack or heart disease
 - Respiratory problems e.g. COPD, asthma, bronchiectasis, cystic fibrosis
 - Diabetes
 - Neurological problems e.g. stroke, Parkinson's disease, multiple sclerosis
 - People with poor immune systems (immunocompromised) such as those having chemotherapy, radiotherapy, or taking certain medications which modify the immune system (immunosuppressants) including HIV especially if only recently diagnosed
 - Active cancer
- Depending on how long it is advised to self-isolate this is going to cause a significant change to an individual and family routine which will include minimizing contact with people in order to reduce the risk of catching coronavirus.
- Wash your hands regularly with soap and water for at least 20 seconds or use alcohol-based hand sanitiser and avoid touching your face.
- Avoid direct contact with people which unfortunately will include family members who don't live with you, so avoiding visitors – consider phoning, texting or WhatsApp messaging, or using online services like webcams (Skype or Alexa or Facebook Portal for example) and remember you can have group webcam chats too.
- Consider how you are going to get shopping and supplies – such as deliveries ordered through the internet or postal services; family, neighbours and friends can also help too – but advise any deliveries to be left outside of your front door and wash your hands after handling delivered goods.
- Medicines will need to be ordered via telephone through the POD (prescription ordering direct) service on 08081 647678 (Monday to Friday 8am to 4pm) or online via Patient Online Access.
- Consider taxi companies (Brighton Taxis 01273 204060 or 01273 202020 or Uber online via app) to help with deliveries or prescription delivery.
- If you are working and you can work from home and this can be arranged with agreement from your employers.

- If you have to go out do so for short periods of time for specific reasons that cannot be deferred.
- If you live with people who have to go out to work or take children to school, they should make sure they wash their hands and clean down door handles, when they return. Additionally, if there is a way in your home that you can protect yourself by keeping a distance from each other (2 metres or 3 steps) such as staying in separate rooms and using different toilet facilities if possible.
- Being in self-isolation will have other impacts on your wellbeing – reading, art, games, puzzles, or other creative activities are helpful or think about learning something new. Try to keep in contact with others but avoid face to face meetings; radio, television, audiobooks, podcasts are other ways to keep connected.
- You may have connections or networks already that you can rely upon but if you don't there is an app called Nextdoor-Neighbourhood (on both Apple and Android) which lists and shares local resources.
- Ask a neighbour for their phone number.