

Easy read



Llywodraeth Cymru  
Welsh Government

# Shielding update

## Advice to follow from 1 April, for people in Wales on the Shielding Patient List



This information was written by **Welsh Government**. It is an easy read version of '**Advice for the clinically extremely vulnerable in Wales from 1 April 2021**'.

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# Introduction



We have written this advice for people on the **Shielding Patient List**.



The **Shielding Patient List** is a list of people who are at the most risk of becoming very ill if they catch coronavirus.



Only people at a very high risk of becoming very ill if they catch coronavirus are added to the **Shielding Patient List**. Doctors can add people to the list if they have an illness that puts them at a higher risk of catching coronavirus.



We always check our advice to people on the Shielding Patient List. This is because we want people to be safe and have the best advice.



Because cases of coronavirus in Wales have gone down a lot, people can stop following shielding measures on **31 March 2021**.



Because of this, we are changing the advice for people on the **Shielding Patient List**.

## Things you can do from 1 April 2021



- You can go to work if you cannot work from home. But your boss must try and make your workplace as safe as possible from coronavirus.



- Children who are on the **Shielding Patient List** can now go back to school.



- You should follow the same rules as other people in Wales. But take extra care by social distancing, washing hands and wearing a face covering when needed.

# How we will support you from 1 April 2021



- We will keep the **Shielding Patient List** in case we need to contact people again.



- You will still be able to use the **priority slots** for supermarket deliveries.



- If you still need support and don't have any help you can speak to your local council. The details are at the end of this letter.



- If you need help with collecting medicine and do not have anyone to help you, please contact your pharmacy.



If numbers go up for coronavirus in the future, we may change the advice. If so, we will send you another letter.

# Things you can do to stay safe



- See as few other people as possible.



- Wash your hands often for 20 seconds with soap and water. Or use hand sanitiser if you cannot wash your hands.



- Stay 2 metres away from people you do not live with. This is around 3 steps.



- Wear a face covering in public spaces. And avoid touching your face.



- Clean surfaces often. And avoid touching surfaces others have touched.



- Open your windows every so often to let fresh air in.





We will keep checking who needs to be on the **Shielding Patient List**.



We may need to add conditions to the list, or remove conditions. This means some people may be added to or removed from the list by their GP or hospital clinician. If anything changes, we will let you know.



You should have been offered the **vaccine** for Covid-19 by now.



The **COVID-19 vaccine** is a medicine that helps keep you safe from catching and spreading **COVID-19**.



If you have **not** been offered the **vaccine** yet please contact your local health board. [Click here to find out how to contact your local health board.](#)



We are still learning a lot about coronavirus and about the **vaccine**. So, you should still stay away from other people, wash your hands often and wear a face covering when needed, if you can.

## Work and school



From what we know, most children are not at a high risk of becoming very ill from coronavirus. If you are worried about going back to school, please speak to your school or local council.



When planning to go back to work, it is a good idea to speak to your boss as soon as possible about keeping safe in work.



[Click here to read Welsh Government advice about keeping safe in work.](#)



If you feel you are being treated unfairly in work or by a service, you can get free advice. Contact the **Equality Advisory and Support Service (EASS)**:

**Phone:** 0808 800 0082

**Text phone:** 0808 800 0084

**Website:** [www.equalityadvisoryservice.com](http://www.equalityadvisoryservice.com)



If you are worried about health and safety at work, you can get further advice from the [Health & Safety Executive \(HSE\)](#).

Or you could talk to your local council.



# If you get coronavirus symptoms



You will need to **self-isolate** if you develop these symptoms:

- An ongoing cough
- A high temperature
- Loss of or change to taste or smell



**Self-isolate** means you must stay at home. You should not go outside your home for any reason.



You should apply to get a coronavirus test if you develop any of these symptoms. [You can do this by clicking here.](#)



Please do not visit your GP, hospital or surgery to ask for a test. You may infect others.



The test needs to be done within the first **5 days** of having symptoms. It only tells you if you have the virus now. It won't tell you if you had it before.

You can get more information about coronavirus on these websites:



**Welsh Government website:**

[www.gov.wales/coronavirus](http://www.gov.wales/coronavirus)

[www.gov.wales/find-support-affected-coronavirus](http://www.gov.wales/find-support-affected-coronavirus)

**Public Health Wales website:**

[www.phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/](http://www.phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/)



If you have a learning disability, and you need support to understand this advice, please contact the **Wales Learning Disability Helpline:**



**By e-mail:** [helpline.wales@mencap.org.uk](mailto:helpline.wales@mencap.org.uk)



**Or by phone:** 0808 8000 300

The Wales Learning Disability Helpline is open Monday to Friday and Bank Holidays between 9am and 5pm.

# Other support

## Your mental health and wellbeing



### Public Health Wales

You can find information about staying well on the [Public Health Wales website](#).

### ACTivate Your Life



ACTivate Your Life is a course that teaches people about stress and the problems that can be caused by things like worrying. There are 4 sessions in this programme. To start, [click here](#).

### SilverCloud



SilverCloud is an online course which offers support for anxiety, depression, and much more. Anyone aged 16 or over can [sign up here](#).

### CALL



**CALL** is a helpline that gives people support and information about mental health. It is open every hour of every day.

**Phone:** 0800132737

**Text:** "help" to 81066

**Website:** [www.callhelpline.org.uk](http://www.callhelpline.org.uk)



## Mind

The charity **Mind** has an online programme to help improve mental health. To get started, talk to your GP or [click here](#).



## Young Person's Mental Health Toolkit

The Young Person's Mental Health Toolkit links young people, aged 11 to 25, to websites, apps, helplines, and more. You can access the toolkit by [clicking here](#).



## Age Cymru

Older people, their family, friends, carers or professionals can also contact **Age Cymru's Advice Line on 08000 223 444**.



You can contact your **local council** to discuss what other help is available from voluntary and community organisations in your area.



You can also talk to your **GP** and ask them what support you can get if you are feeling unhappy or worried.

# How we use your information



Your doctor or hospital shared your information with us. This is so we can contact you about information and advice for keeping safe.



To support you and help you keep safe we have shared your information with:

- your local council
- water companies
- pharmacies
- supermarkets



We have done this to make sure you can get the support you need such as deliveries of food or medication to your home. We have not given them any personal information about your health.



We will always keep your information safe. After coronavirus we will safely delete your information when we no longer need it.



There is more information on our website about how we use and keep your information, [you can read this by clicking here](#). You may need support to read and understand it.



This update was made into easy read by **Easy Read Wales** using **Photosymbols**.

# Contact details for your local council

**Blaenau Gwent County Borough Council**

**01495 311556**

**[www.blaenau-gwent.gov.uk](http://www.blaenau-gwent.gov.uk)**

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**Bridgend County Borough Council**

**01656 643643**

**[www.bridgend.gov.uk](http://www.bridgend.gov.uk)**

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**Caerphilly County Borough Council**

**01443 811490**

**[www.caerphilly.gov.uk](http://www.caerphilly.gov.uk)**

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**Carmarthenshire County Council**

**01267 234567**

**[www.carmarthenshire.gov.uk](http://www.carmarthenshire.gov.uk)**

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**Ceredigion County Council**

**01545 570881**

**[www.ceredigion.gov.uk](http://www.ceredigion.gov.uk)**

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**City & County of Swansea**

**01792 636363**

**[www.swansea.gov.uk](http://www.swansea.gov.uk)**

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**City of Cardiff Council**

**029 2087 1071**

**[www.cardiff.gov.uk](http://www.cardiff.gov.uk)**

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**Conwy County Borough Council**

**01492 575544**

**[www.conwy.gov.uk](http://www.conwy.gov.uk)**

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**Denbighshire County Council**

**01824 706000**

**[www.denbighshire.gov.uk](http://www.denbighshire.gov.uk)**

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**Out of Hours: 0300 123 30 68**

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**Flintshire County Council**

**01352 752121**

[www.flintshire.gov.uk](http://www.flintshire.gov.uk)

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**Gwynedd Council**

**01766 771000**

[www.gwynedd.gov.uk](http://www.gwynedd.gov.uk)

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**Isle of Anglesey Council**

**01248 750057**

[www.anglesey.gov.uk](http://www.anglesey.gov.uk)

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**Merthyr Tydfil Council**

**01685 725000**

[www.merthyr.gov.uk](http://www.merthyr.gov.uk)

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**Monmouthshire Council**

**01633 644644**

[www.monmouthshire.gov.uk](http://www.monmouthshire.gov.uk)

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**Neath Port Talbot Council**

**01639 686868**

[www.npt.gov.uk](http://www.npt.gov.uk)

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**Newport City Council**

**01633 656656**

[www.newport.gov.uk](http://www.newport.gov.uk)

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**Pembrokeshire County Council**

**01437 776301**

[www.pembrokeshire.gov.uk](http://www.pembrokeshire.gov.uk)

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**Powys County Council**

**01597 827460**

[www.powys.gov.uk](http://www.powys.gov.uk)

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**Rhondda Cynon Taf County Borough Council**

**01443 425020**

[www.rctcbc.gov.uk](http://www.rctcbc.gov.uk)

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**Torfaen County Borough Council**

**01495 762200**

**[www.torfaen.gov.uk](http://www.torfaen.gov.uk)**

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**Vale of Glamorgan Council**

**01446 729592**

**[www.valeofglamorgan.gov.uk](http://www.valeofglamorgan.gov.uk)**

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**Wrexham County Borough Council**

**01978 292000**

**[www.wrexham.gov.uk](http://www.wrexham.gov.uk)**

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