



Department
of Health &
Social Care

Gwendolyn Joy Vials Moore
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Your NHS number: 701 057 1422

Dear Gwendolyn Joy Vials Moore,

Important information for you about COVID-19

I am writing to you because you were previously identified as clinically extremely vulnerable to COVID-19. This means you were thought to be at high risk of becoming very ill if you caught the virus and may have been advised to shield in the past.

The Government wrote to you in March to tell you that shielding advice was being paused from 1st April 2021. Since 19th July 2021, you have been advised to follow the same guidance as everyone else, whilst potentially thinking about extra precautions you could take to reduce your chance of catching COVID-19.

Now that vaccination has been offered to all of the adult population, including those previously identified as clinically extremely vulnerable, and other treatments and care pathways are available, I believe it is the right time to end the shielding programme. This means that given the current situation you will not be advised to shield in the future and we will not be providing specific national guidance for you to follow.

You should continue to follow the same general guidance as everyone else, which can be found at www.gov.uk/coronavirus, in addition to any condition specific advice you may have been given by your specialist in recent weeks. As someone with a health condition you might also want to think about extra things you can do to keep yourself and others safe. This could include:

- considering whether you and those you are meeting have been vaccinated – you might want to wait until 14 days after everyone's second dose of a COVID-19 vaccine before being in close contact with others
- considering continuing to practise social distancing if that feels right for you and your friends
- asking friends and family to take a rapid lateral flow antigen test before visiting you
- asking home visitors to wear face coverings
- avoiding crowded spaces

At the start of the pandemic we knew very little about the threat posed by COVID-19 and made the difficult decision to advise people we considered to be clinically



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- those living in residential care homes for older adults
- all adults aged 50 years or over
- frontline health and social care workers
- all those aged 16 to 49 years with underlying health conditions that put them at higher risk of severe COVID-19 (as set out in the green book: www.gov.uk/government/publications/covid-19-the-green-book-chapter-14a), and adult carers
- adult household contacts (aged 16 or over) of immunosuppressed individuals”

You will be invited to book your vaccine by the NHS at least 6 months after your second dose if it is recommended for you.

I understand you may have concerns, and everyone will feel differently about their own risk, particularly those who may be less well protected by the vaccine.

If you are immunosuppressed and have any concerns about what this means for you, then please raise this with your specialist at your next **routine appointment**. They can provide you with support and guidance on any extra measures you can take to further reduce your risk of infection. Your GP is unlikely to be able to advise you on shielding issues as this requires specialist knowledge, so I would suggest not contacting them with queries about the shielding list. GPs are still open for general medical issues.

If you have not yet been vaccinated with your first or second dose then I would urge you to do so, and if you are eligible, to take the offer of a booster when it is your turn, to help keep you well.

Other treatments

Over the coming months we expect new treatments for COVID-19 to become available. When this happens, we will advise which patients could benefit.

It is really important that if you do a test because you have COVID-19 symptoms, you accurately enter your NHS Number and postcode into the Government website (found here www.test-for-coronavirus.service.gov.uk/register-home-test) so that your test result can be matched to your health records. Doing this will mean the NHS can contact you if you might benefit from a treatment.

Access to NHS Services

It is important that you continue to receive the care and support you need to help you stay safe and well. You should continue to get medical help from the NHS and other health providers for your existing health conditions and any new health concerns. You can access a range of NHS services from home, including ordering repeat prescriptions or contacting your health professional through an online consultation. To find out more