Our Ref/[EmisNo]

[PatientName]

[AddressLine]

[DateToday]

**Coronavirus Advice**

Dear [Salutation],

You have been highlighted by our surgery as being more susceptible to the coronavirus due to your condition or age. Although the majority of people will have flu-like symptoms, coronavirus affects the elderly and those with pre-existing conditions much more severely of which group you are in.

We have the following advice to you which you should start as soon as possible

**Stay at Home**

You should remain in your home. Do not go to work, school, or public areas, and do not use public transport or taxis. Be prepared to stay at home for the next few months.

**Wash your hands often**

Cleaning hands frequently throughout the day by washing with soap and water for 20 seconds or using hand sanitiser will help protect the household. This step is one of the most effective ways of reducing the risk of infection to you and to other people.

**If visitors do come**

Try to minimise visitors, but if they do come make sure they have no cold or cough and also make sure they wash their hands immediately after entering the house.

**Separate yourself from the people you live with**

Try to separate yourself from other people in your home. If you cannot stay in a separate room aim to keep 2 metres (3 steps) away from the other people in your house. Use your own toothbrushes, eating and drinking utensils (including cups and glasses in the bathroom and bedroom), dishes, towels, washcloths or bed linen. Do not share food and drinks. If you can sleep in a separate bedroom, do so.

**Do not look after your grandchildren**

Children who have coronavirus seem to have milder infections but they can still be carriers. Where possible do not look after your grandchildren in case they spread the virus to you.

**Ask help with shopping**

You will need to ask friends or relatives if you require help with buying groceries, other shopping or picking up medication. Alternatively, you can order medication by phone or online. You can also order your shopping online. Make sure you tell delivery drivers to leave items outside for collection if you order online. The delivery driver should not come into your home.

**If you do get a cold**

The three main symptoms of coronavirus are a cough, shortness of breath and a temperature. If you get a cold but your breathing is not worsening then you should be able to manage. However if your breathing gets worse call 111 for advice. If it is an emergency and you need to call an ambulance, dial 999.

Please contact us if you need any further advice.