
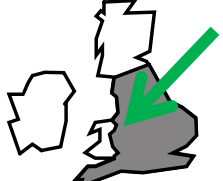
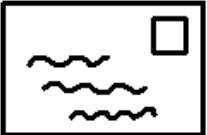


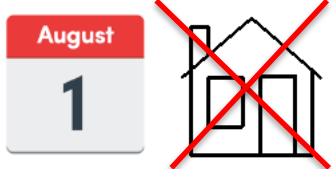





Coronavirus


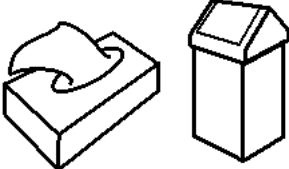


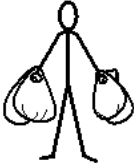


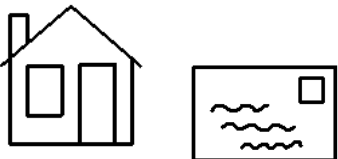
Shielding has finished for now

	<p>This letter is about the Coronavirus that people have been getting ill with this year.</p>
<p>England</p> 	<p>The rules where we live have changed.</p>

Shielding has finished for now	
	<p>Some people are already poorly, and are most likely to get more poorly with the coronavirus illness.</p> <p>The NHS sent you a letter because you are more likely to get poorly from coronavirus.</p>
	<p>You were told to stay at home for 12 weeks.</p> <p>This was called shielding.</p>
	<p>When you were staying at home, you may have had some extra help.</p> <p>People might have brought you free food parcels and medicine.</p>
	<p>From the 1st August the rules have changed.</p> <p>Shielding has stopped for now.</p>
	<p>You should talk to someone you trust about this.</p>

	<p>Because shielding has stopped for now, you might not get free food parcels or medicines sent to your home.</p>
	<p>If you still need help with this you can call the voluntary service</p> <p>0808 196 3646</p> <p>You can call 8am to 8pm, seven days a week.</p>
	<p>The NHS volunteers can help with:</p> <ul style="list-style-type: none"> • Getting your food from the supermarket • Getting your medicine. • Calling to check you are OK
	<p>You can also call your local council to ask for help with your care.</p>
	<p>Call Derbyshire County Council:</p> <p>01629 533190 or 01629 532600</p>
	<p>Call Derby City Council</p> <p>01332 642855, or 01332 786968</p>

<p>New rules:</p>	
	<p>You can now go outside as much as you want to.</p>
	<p>You should still try to keep away (social distance) from other people who don't live in your house or care for you.</p> <p>If you are don't understand you should ask someone you trust for help.</p>

	<p>Washing your hands often.</p> <p>This is a song about how to wash your hands https://vimeo.com/134952598</p>
	<p>Cover your mouth with a tissue when you cough or sneeze. Throw the tissue away.</p>
	<p>Wipe places that are touched a lot in your house.</p>
	<p>The places you usually go (like day services) will have new rules. You need to follow them.</p> <p>This will keep you safer.</p>
	<p>You can visit shops to buy food and medicine or other places you used to visit.</p>
	<p>If you are worried you can still ask other people to help you with this.</p>
	<p>You will be asked if you want to have a flu jab this year. Talk to your doctor about this.</p>
	<p>If a lot of people get coronavirus near where you live you might be asked to stay at home again (shielding).</p> <p>You will be told about this.</p>

If you need help	
	<p>Use the phone or internet to talk to people.</p>
	<p>Call NHS 111 or visit NHS 111 Online if you get poorly and think you have coronavirus.</p>
	<p>You can speak to your GP if you don't feel well.</p>
	<p>You could ring your local council for help with your care.</p>
	<p>You could speak to people who work with you, like carers or NHS staff.</p>
	<p>If you or your carers feel worried or sad, you can call the Mental Health Support Line</p> <p>0800 028 0077</p> <p>It is for anyone who lives in Derbyshire, any time, seven days a week.</p>
	<p>If you need help in an emergency, call 999.</p>