

# Shielding

(for people who may get very, very ill if they get Covid-19)



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Hywel Dda  
University Health Board



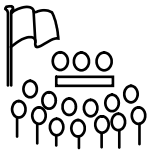
There is a new illness called coronavirus.



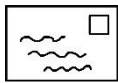
Some people can get **very, very** ill.



They need to do **more** to keep safe and well.



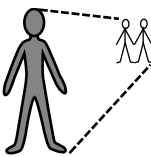
The government has sent them a letter  
(shielding letter) to tell them what to do.



The letter says they **must**:



Stay in their house



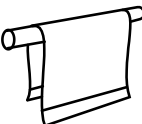
Try to keep away from other people in their  
house



Wash their hands regularly



Sleep on their own if they can



Use separate towels



They must not leave their house



Other people need to do **more** to help them keep safe.



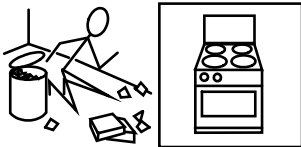
People in their home **must**:



Wash their hands **more**



Clean the bathroom **more**



Clean the kitchen **more**



Carers can still come to the home if they are well.



Carers **must** wash their hands when they arrive and during the visit.

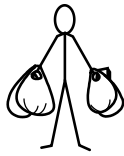


They **must** wear a **mask**, **gloves** and **apron** when they give personal care.



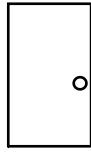
### **Medicine**

If you ring the pharmacy, they can deliver your medicines.



## Food

People can bring shopping to the house.



They **must leave** it at the front door.



They **must not** come in the house.



Ring the Council if you need help to get food or medicine.



You can ring them any day on 01437 776301.



8.30am - 6.00pm



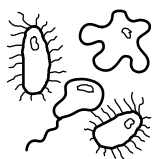
People who may get **very, very** ill are:



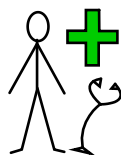
People who can find it **hard to breathe**



People with **some cancers**



People that get **infections** easily



Ring your GP if you think you should have had a '**shielding**' letter.



If you get poorly, phone NHS 111



If you are **very, very** ill, ring 999



If you have a question about this information or are worried,



ring Penlan CTLD on 01267 244388.



Someone will help you.