



Department
of Health &
Social Care



easy
read

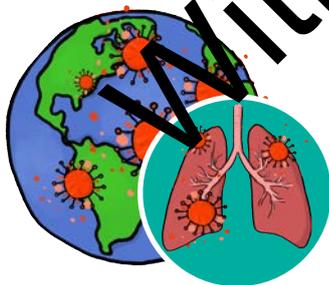
Dear Patient,

Important information for people who used to be called 'clinically extremely vulnerable'



You are getting this letter because you used to be called **clinically extremely vulnerable**.

Clinically extremely vulnerable means you have a condition that makes you more likely to be very ill with **COVID-19**.



COVID-19 is also called coronavirus. It is an illness that has spread around the world. It can affect your lungs and breathing.



You can ask someone to read this letter with you to help you understand and talk about anything you are worried about.

Shielding



We feel it is the right time to stop advising you to **shield**.

To **shield** means to stay indoors at home as much as possible.



You should now follow the same guidelines as everyone else which can be found here:

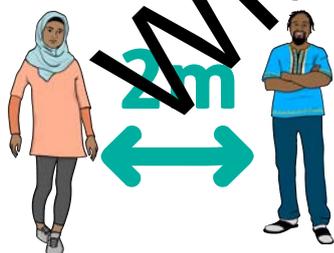
www.gov.uk/coronavirus

You may want to think about extra things you can do to keep yourself safe, like:



only meeting up with people who have had the COVID-19 **vaccine**.

A **vaccine** is an injection or jab that stops people getting very poorly from an illness.



- staying 2 metres apart from other people.



- asking your friends and family to test if they have COVID-19 before they see you.



- asking people who come into your home to wear a face mask.



- not going to places where there may be large crowds of people.



Why are we ending shielding?

We want to get everyone back to normal life.



We can end shielding because more people are getting the vaccine.



This means fewer people are getting seriously ill.



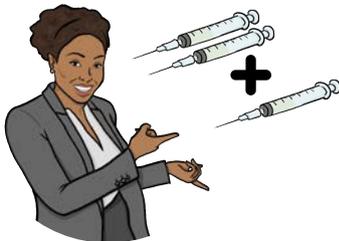
We strongly advise you to get the vaccine.

The COVID-19 Vaccine



The COVID-19 vaccine has 2 injections given at 2 separate appointments.

Some people should get a third vaccine if they have illnesses that affect their immune system.



It is also advised that some people who have had the vaccine have a top-up vaccine. This is also called a booster.



You will be contacted about this if you need to have one.



If you have any concerns, speak to your doctor at your next appointment with them.



More information about the COVID-19 vaccine is available at: www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine



Other treatments

We are expecting new treatments for COVID-19.

When this happens we will give you more information.

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Access to health and care



The NHS and services you need are open.



If you have an urgent health need you can:

- get support online at NHS 111 online.
- call 111 for free.
- call 999 in an emergency.

Mental health



It is also very important to look after your mental health.

If you, or a friend, or a family member are having mental health issues you can get support from the following:



- Your local health professional.



- NHS help telephone lines.



- www.nhs.uk/every-mind-matters



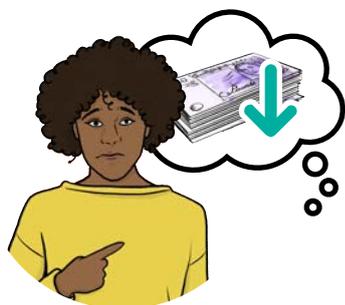
- www.hubofhope.co.uk



- Some charities in your local area.

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Other support



If you are struggling with money or with getting back to work there are services which may be useful to you.

You may find support and further information on these websites:

- www.gov.uk/access-to-work

- www.gov.uk/financial-help-disabled

www.gov.uk/find-local-council

www.acas.org.uk/hybrid-working



NHS volunteer responders can help with things like:

- collecting your shopping.
- collecting your medication.
- transport to health appointments.



More information can be found by:



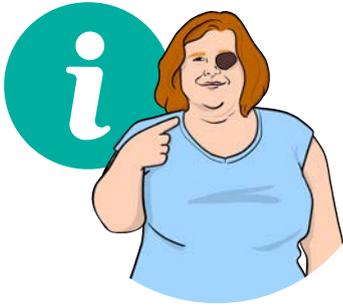
- visiting:
www.nhsvolunteerresponders.org.uk



- calling: 0808 196 3646

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More information



Your personal details

While you were shielding you may have given some of your personal details to get support.



The information about how we keep your details safe has changed. You can see it here:

www.gov.uk/coronavirus-shielding-support



Other formats

For an audio, braille, or large print version of this letter, call:

0303 1239999

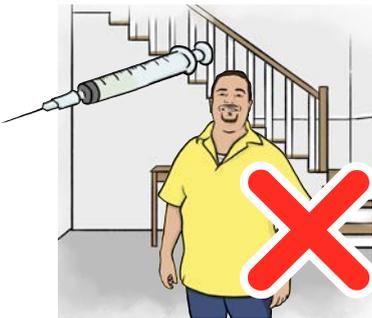
Thank you



You were included in the clinically extremely vulnerable group to keep you safe.



This was based on the information we have about you and what we knew about COVID-19 at the time.



Because of the vaccine, you are no longer advised to shield.



Thank you for your help in keeping yourself and others safe.

Yours sincerely,

A handwritten signature in blue ink that reads "S. Javid."

Rt Hon Said Javid MP.

This Easy Read information was produced by easy-read-online.co.uk