

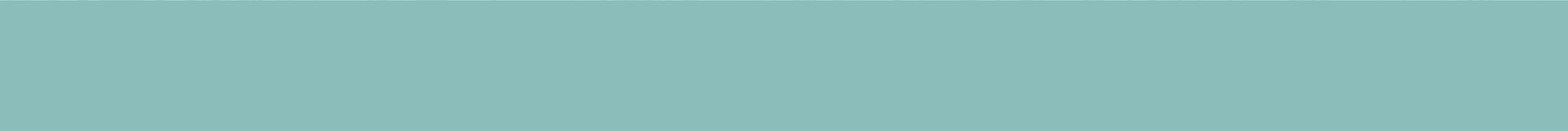
# The Shielding Group in Leeds

Information and Routes to Support for people who are Clinically Extremely Vulnerable

Information from the Multi Agency Bronze on Shielding

Contact: [Covid.Partners@leeds.gov.uk](mailto:Covid.Partners@leeds.gov.uk)

*Information Correct at: 21/01/2021*



*These slides are intended to assist anyone working with people in Leeds who may have been advised that they are clinically extremely vulnerable to Covid 19.*



*The information is collected from a number of sources and every effort has been made to ensure that it is accurate. If you find something has been changed, or there is an error – please do share that with us, so that we can keep improving these resources.*



# Who are CEV/ the shielding group?

- The “Shielding Group” or people who are “Clinically Extremely Vulnerable” to Covid - 19 are the people identified by the NHS because they have got existing health conditions that mean they would be likely to have serious complications if they caught the coronavirus.
- This does not mean that they are currently unwell or unhealthy – just that it is very important that they prevent coming into contact with the virus wherever possible.
- People can be in this group because of specific conditions or a combination of conditions.
- People in this group can be any age – just under half of the people are under 65 and just over half are over 65.
- There are around 37,000 people in this group in Leeds.
- **In the 2021 lockdown, this group of people are advised to shield at home** – this means they are advised to limit virtually all contact with people from outside their household and not to leave home for work or to go to the shops.
- We know that this group are anxious about the risk Covid-19 poses to their health and some will need assistance in order to follow the advice. We have put together these resources to assist anyone advising, or support people in this group know that local support is available, and where to go to find it.



# Advice to Clinically Extremely Vulnerable People

- Much of the advice in Wave 1 focused exclusively on what people should NOT do.
- This is important – but it must be in the context of staying mentally and physically well – and choosing what is the right thing for you to DO in any situation.
- Listed here are some of the major DOs and DON'Ts in terms of ADVICE for shielding healthily.
- We have also included some tips from people who have been shielding during the pandemic about how they approached the advice they were given.



	Advice	Tips
<input checked="" type="checkbox"/> Do not work outside your home	<input checked="" type="checkbox"/> Use your shielding letter as proof for your employer, if you cannot work from home.	<input checked="" type="checkbox"/> <i>Seek employment advice if your employer insists that you go in to work</i>
<input checked="" type="checkbox"/> CEV children should not attend school	<input checked="" type="checkbox"/> Agree ways for your CEV child to engage in remote learning	<input checked="" type="checkbox"/> <i>Talk to your child about ways they can stay safe like washing their hands more frequently</i>
<input checked="" type="checkbox"/> Do not go to the shops in person	<input checked="" type="checkbox"/> Register for priority online deliveries or use Click and Collect <input checked="" type="checkbox"/> Ask for help from our network of local volunteers if you need it	<input checked="" type="checkbox"/> <i>Eating healthily and think about the variety of foods you want to eat.</i> <input checked="" type="checkbox"/> <i>Trying new foods as well as old favourites.</i>
<input checked="" type="checkbox"/> Do not go to the pharmacy in person	<input checked="" type="checkbox"/> Ask family or friends to pick up your prescriptions <input checked="" type="checkbox"/> Check if your pharmacy is delivering <input checked="" type="checkbox"/> Ask for help from our network of local volunteers if you need it	<input checked="" type="checkbox"/> <i>Making a list of your medications and when they are due. Not waiting 'til they are overdue to chase a delivery.</i>

	Advice	Tips	
	<ul style="list-style-type: none"> <li>❌ Don't visit any one else's home</li> </ul>	<ul style="list-style-type: none"> <li>✅ Keep 2m distance from people in your household if they are working outside the home or using public transport.</li> <li>✅ Ask all household members to wash their hands as soon as they come home</li> </ul>	<ul style="list-style-type: none"> <li>➡ <i>Telling family, friends or volunteers how you are feeling</i></li> </ul>
	<ul style="list-style-type: none"> <li>❌ Don't meet up to <b>socialise</b> with people you do not live with, or who are outside of your support bubble.</li> </ul>	<ul style="list-style-type: none"> <li>✅ Only meet up outdoors with one other person to <b>exercise</b></li> <li>✅ Ask for help to make or maintain social connections if you are feeling lonely or bored</li> </ul>	<ul style="list-style-type: none"> <li>➡ <i>Keeping in social contact with a variety of family, friends and neighbours through telephone, internet and window visits</i></li> </ul>
	<ul style="list-style-type: none"> <li>❌ Don't stay indoors at all times</li> <li>❌ Don't be frightened to spend time in your garden or going to a park</li> </ul>	<ul style="list-style-type: none"> <li>✅ Keep your home well ventilated</li> <li>✅ Take exercise – at home or outdoors – at whatever rate is comfortable and good for you</li> </ul>	<ul style="list-style-type: none"> <li>➡ <i>Getting exposure to fresh air during daylight hours boosts the body's natural immune system and helps you sleep better</i></li> </ul>

	Advice	Tips	
	<ul style="list-style-type: none"> <li>❌ Don't travel unless it is essential</li> </ul>	<ul style="list-style-type: none"> <li>✅ Walk, cycle or go in a private car to attend appointments or other essential travel.</li> <li>✅ Ask for help to get to an appointment if you do not have a safe way to travel there.</li> </ul>	<ul style="list-style-type: none"> <li>➡ <i>Planning ahead for a hospital visit – making sure that it's confirmed and knowing which entrances are in use</i></li> </ul>
	<ul style="list-style-type: none"> <li>❌ Don't give or receive informal caring support, if it is outside of your care bubble</li> </ul>	<ul style="list-style-type: none"> <li>✅ Know who is in your care bubble</li> <li>✅ Ask for help if your care bubble is disrupted by shielding</li> </ul>	<ul style="list-style-type: none"> <li>➡ <i>Using resources like the <a href="#"><u>"Carers Plan B"</u></a> – to make sure that care can continue if it is disrupted</i></li> </ul>
	<ul style="list-style-type: none"> <li>❌ Don't stop attending medical treatment, appointments or stop your regular care</li> <li>❌ Don't stop taking medication you are prescribed</li> </ul>	<ul style="list-style-type: none"> <li>✅ Check that appointments are confirmed before attending in person</li> <li>✅ Let the clinic know that you are considered extremely vulnerable so they can explain any additional precautions</li> </ul>	<ul style="list-style-type: none"> <li>➡ <i>Planning ahead for the safest ways to attend appointments</i></li> <li>➡ <i>Agreeing with your carers any additional precautions you both want to take</i></li> </ul>

This is available in [Arabic](#), [Bengali](#), [Czech](#), [Farsi](#), [Kurdish Sorani](#), [Lithuanian](#), [Pashto](#), [Polish](#), [Punjabi](#), [Romanian](#), [Slovak](#), [Tigrinya](#), [Urdu](#)  
Easy Read and BSL or other formats from [covid.partners@leeds.gov.uk](mailto:covid.partners@leeds.gov.uk)

## SHIELDING DURING LOCKDOWN: Summary of advice for people who are clinically extremely vulnerable



### WORK

- Work from home if you can
- If you cannot work from home, then you should not attend work. Your shielding letter can be used as proof for your employer



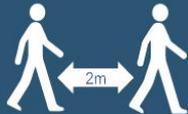
### SCHOOL

- Clinically extremely vulnerable children are advised not to attend school – even if they are children of key workers or vulnerable
- Children who live with someone who is clinically extremely vulnerable and who are going in to school at this time should take extra care to wash their hands and maintain distance wherever possible



### SHOPS & PHARMACY

- Do not go to the shops or pharmacy in person during this time
- Use online shopping – including signing up for priority online delivery; asking family or friends to shop for you or ask for assistance from volunteers
- Ask family or friends to collect prescriptions or check with your pharmacy if they are delivering. Ask for assistance from volunteers if needed



### SOCIALISING

- In general, you are advised to stay at home as much as possible – but to take exercise or walks outdoors every day to stay healthy
- Take care to keep your home well ventilated
- Keep 2m distance from people you live with if they are leaving home for work or using public transport



### TRAVEL

- You are advised not to travel unless essential and to avoid public transport



### CARE & SUPPORT

- You should continue to access the care and support you need – this includes any hospital or care appointment you would normally go to

If you need  
help, contact us:



Online

[leeds.gov.uk/shielding](https://leeds.gov.uk/shielding)



Phone

0113 376 0330



SignLive Directory

Select LCC Covid19



Text Number

07480632471

# Working with People who are CEV

- For EVERYONE working with the public at this time, it is strongly recommended that you read the Government Guidance for Clinically Extremely Vulnerable people. Please note that this guidance was updated on 31<sup>st</sup> December so you may need to read it again:  
**[Guidance on shielding and protecting people who are clinically extremely vulnerable from COVID-19 - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/shielding-and-protecting-people-who-are-clinically-extremely-vulnerable-from-covid-19)**
- If you are working with someone in the shielding group, your work must take place in this strict context. **\*You may need to make some adjustments in order to respect the advice to CEVs but do not stop your work wherever possible.\***
- If you are working with individuals who are CEV/shielding and having read the guidance feel you are unable to continue doing so, please escalate these concerns to the Multi Agency Bronze Meeting on Shielding via [covid.partners@leeds.gov.uk](mailto:covid.partners@leeds.gov.uk) or by contacting Rachael Loftus on 07891 271 054
- It is recommended that you check with **anyone** you are working with:
  - if they have received a letter or text saying that they are in the shielding group or that they are “clinically extremely vulnerable” to Covid19
  - provide support to them to understand its implications, and encourage them to register with the **national shielding support service**
  - share the local helpline numbers with them so they are able to seek help at any time, even if they do not need it now

# Shielding Registration

- During periods of shielding, people are **asked to register online** – this confirms that they have received the advice and also enables them to:
  - Register for priority online shopping
  - Ask for assistance in physically getting food to their home
  - Ask for assistance in affording food and supplies
  - Ask for assistance because their usual care routine is not compatible with shielding advice
  - Ask to be kept up to date with advice and guidance
- *If someone registered in the previous lockdown, they do not need to re-register – but CAN do so if they wish to change their previous answer or request support.*
- The new national system is only available for ONLINE registration – therefore Leeds City Council and city partners will provide assistance to anyone who wants to register to do so.
- Call **0113 376 0330** and ask for help to register.

# Shielding Registration 2

Details on the National Shielding Support Service is included in the letter sent by national government to CEVs. The address for people to register themselves is:

- <https://www.gov.uk/coronavirus-shielding-support>

A different web address is available for local partners who are assisting someone to register or registering on their behalf:

- <https://coronavirus-shielding-support.service.gov.uk/?la=1>

**\*\*Please note that registration will only be successful if someone is formally on the Shielded Patient List. Requests for support from other people who are vulnerable or seeking assistance will not be filtered through to us using this platform and will just be lost\*\***

# Local Shielding Communication

- Leeds has a number of ways to communicate directly with people who are on the shielding list:
- **Texts** come from an account called “**LCC Covid19**”.
- **Emails** are sent from a verified **Gov Delivery** account. These emails will never ask for personal details.
- **Landline telephone** calls are made from a Leeds number. Anyone who is suspicious that a call may be fraudulent is advised to hang up and redial the LCC number.
- **Letters** will be sent periodically to people who do not have access to electronic communications.
  
- **Local updates** will appear on the dedicated Shielding webpage on the Leeds City Council website: [www.leeds.gov.uk/shielding](http://www.leeds.gov.uk/shielding)
  
- In Leeds there is a Multi Agency “Bronze” meeting on Shielding. This feeds in to the city’s command and control structures for dealing with the pandemic. Anyone who wishes to escalate a concern around shielding can contact this group by email:  
**covid.partners@leeds.gov.uk**

# Helping someone shielding stay happy and healthy at home – considerations of individual needs and assets

## Education and Child Care

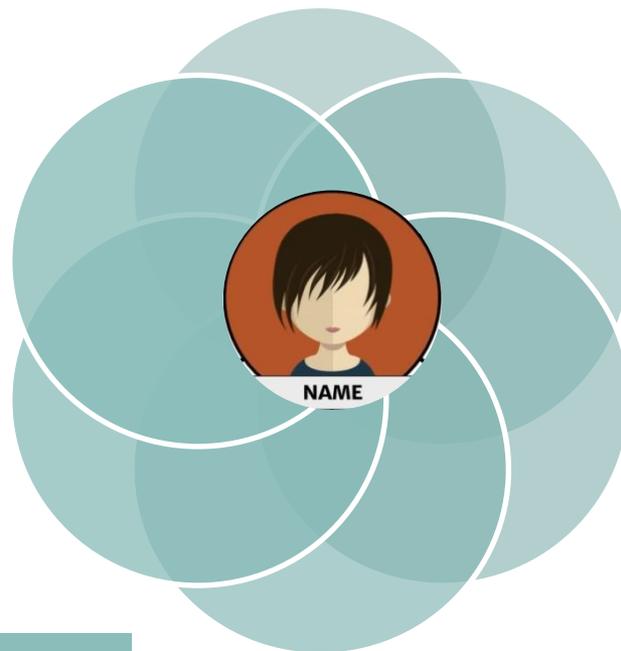
- Shielding children and young people
- Shielding households with children in them

## Safeguarding

- Maintaining safe contact with services
- Unknown emergent risks

## Practicalities

- Access to:
  - Food/ Supplies
  - Medicines/ Medical supplies
  - Home repairs
- Communication needs



## Social Life

- Friends
- Family
- Volunteering
- Hobbies

## Health and Wellbeing

- Mental wellbeing
- Physical wellbeing
- Care and Caring
  - Social care support
  - Home care support
  - Shielding Carers
  - Caring support for someone shielding
- Accessing appointments
- Ongoing treatment

## Work and Money

- Work / Job security
- Financial situation
- Costs/ affordability
  - Data/ internet
  - Home warmth

*The aim is to ensure that the individual remains at the centre of their own shielding experience. That they are supported to understand the risks that apply to them, given support to understand their options and provided with assistance where necessary.*

## Help is available:



One number to connect to  
local support:

**0113 376 0330**



Support to meet your  
care needs or additional  
support for carers



Priority access to delivery for food and supplies



Informal support through  
check in and chat

*Supporting people who are shielding at home to stay safe and healthy*



[www.leeds.gov.uk/shielding](http://www.leeds.gov.uk/shielding)

# Local Routes to Support

The following slides show the routes to support for anyone shielding. This should help you advise or support someone to access:

• <u>Children and Education</u>	<u>16</u>
• <u>Digital</u>	<u>17</u>
• <u>Employment</u>	<u>18</u>
• <u>Financial Advice</u>	<u>20</u>
• <u>Food</u>	<u>22</u>
• <u>Health and Wellbeing</u>	<u>29</u>
• <u>Prescriptions</u>	<u>35</u>
• <u>Safeguarding</u>	<u>36</u>
• <u>Transport</u>	<u>39</u>
• <u>Vaccine</u>	<u>40</u>

# Information for Children in Schools

- CEV Children are advised **not to attend school** in person during this period. If a CEV child is also “a child in need”/“vulnerable”, or the child of a key worker without alternative child care provision – schools should review each request to attend school on a case by case basis. A risk assessment must support this decision.
- **If the barrier to a CEV child being able to stay at home and engage in remote learning is practical or financial (such as a parent not being able to afford to take time off work, or does not have online access at home) the parent/carers should be advised to call the helpline to discuss what practical support can be offered.**
- Children of key workers or vulnerable children who also live with a CEV person should take extra care if they are attending school during the period of lockdown. They should isolate at home if they are in contact with someone with coronavirus symptoms.
- Schools and families can also **request mobile data increases** for children and young people who:
  - \* do not have fixed broadband at home
  - \* cannot afford additional data for their devices
  - \* are experiencing disruption to their face-to-face education.
- Three, Smarty, Virgin Mobile, EE, Tesco Mobile & Sky Mobile are all taking part in the scheme.
- Click below for further information: <https://get-help-with-tech.education.gov.uk/about-increasing-mobile-data>

# Routes to Support: Digital Access

- We know that access to the internet and feeling comfortable with technology has become increasingly important this year. If you think getting help with your digital skills, or loaning equipment will help you shop online, stay in touch with family and friends, do online banking or work from home, then please get in touch.

## Accessed Through

### Digital Access and Practical Help to Get Online

As well as support with digital skills, we have access to a small number of pre-paid iPads that can be loaned to CEVs who have no other means to get online.

## Digital Access

Refer by email:

**ProjectDevelopmentTeam@leeds.gov.uk**

Telephone:

**0113 222 4444**

Ask to speak to an operator. They will take your details and we will call you back.

# Employment

Support	Accessed Through	
Employment Support whilst shielding	<p>If you cannot work from home, you should not attend work and you can use your shielding notification letter to show your employer. Your letter is also evidence for Statutory Sick Pay and Employment Support Allowance purposes.</p> <p>Or, you may be eligible for Furlough which has been extended until 30 April 2021.</p> <p>If your employer insists on the letter before you can begin shielding, you can request that we email you confirmation that you are on the Shielding Patient List that you can use as an alternative.</p>	<p>Call the helpline: <b>0113 376 0330</b></p> <p><i>*Explain you need confirmation of CEV status for your employer. Please leave your full name, date of birth and home address and the EMAIL address we should send confirmation to.</i></p>
	<p>If you are unable to work from home, and unable to reach agreement with your employer about your entitlements, you should seek immediate Employment Advice.</p>	<p>Citizens Advice Leeds <b>0113 223 4400</b></p> <p>National Acas Helpline on <b>0300 123 1100</b></p> <p><a href="https://www.acas.org.uk/">https://www.acas.org.uk/</a></p>

# Employment 2

Support	Accessed Through	
Support to work from home	<p>If you need support to work at home or in the workplace you can apply for Access to Work.</p> <p>Access to Work will provide support for the disability-related extra costs of working that are beyond standard reasonable adjustments an employer must provide.</p>	<p><a href="https://www.gov.uk/access-to-work">https://www.gov.uk/access-to-work</a></p>

# Financial support

Support	Accessed Through	
Financial support and advice	Referrals can be made for those needing food, help with gas and electricity top-ups, white goods and items for babies. Referrals from any key worker or by individuals calling. Streamlined support.	Local Welfare Support Scheme: <b>0113 376 0330</b>
Financial support to assist shielding	In exceptional circumstance, if you are facing financial hardship in order to follow the advice to shield at home for you or someone you care for, you should contact us to see if we can provide a form of support to help you to meet immediate costs.	Local Welfare Support Scheme: <b>0113 376 0330</b>

# Financial Advice

Support	Accessed Through	
<b>Welfare Rights</b>	<p>Welfare Rights Unit provides an information and advice service covering a whole range of welfare benefits. The service offers free, confidential and impartial advice to all Leeds residents.</p> <p>Help can be given to complete benefit forms, make sure you are getting the correct benefits, help with benefit problems, including an appeal/ tribunal.</p>	<p>Welfare Rights Unit  <b>0113 3760452</b>  <a href="mailto:welfare.rights@leeds.gov.uk">welfare.rights@leeds.gov.uk</a></p>
<b>Financial support information</b>	<p>Information and resources updated regularly on the Council website on: debt, benefits, emergency food, low cost loans, bills or payment holidays</p>	<p>Money Information Centre website:  <a href="https://www.leeds.gov.uk/leedsmic">https://www.leeds.gov.uk/leedsmic</a></p>
<b>Citizens Advice</b>	<p>If you are in financial crisis, you can talk confidentially with a trained Citizens Advice adviser.</p> <p>They can help address your crises and provide support to maximise your income, help you navigate the benefits system, and identify any additional grants you could be entitled to.</p> <p>If needed, they'll issue you with a voucher so you can get an emergency food parcel from your local food bank.</p>	<p>National Citizen's Advice  <b>0808 2082138</b>  open Monday to Friday, 9am-5pm</p>

# Routes to Support: FOOD

Support	Accessed Through	
<b>Priority Delivery Slots at supermarkets</b>	<p>If you previously registered and requested supermarket priority - you will have retained priority delivery at the following supermarkets:</p> <p>Asda, Iceland, Sainsbury's, Tesco</p> <p>Note, this does not guarantee a delivery slot and each supermarket assigns priority status slightly differently.</p> <p>You can register again if you wish to add supermarket priority, or request assistance.</p>	<p>To newly sign up for priority deliveries, individuals should go to:</p> <p><a href="https://www.gov.uk/coronavirus-shielding-support">https://www.gov.uk/coronavirus-shielding-support</a></p> <p>If you are signing up on someone's behalf, go to:</p> <p><a href="https://coronavirus-shielding-support.service.gov.uk/?la=1">https://coronavirus-shielding-support.service.gov.uk/?la=1</a></p> <p>*More info on slide 11 – you must have your NHS number to do this</p>
<b>Family, friends or volunteer assisted shopping</b>	<p>Local volunteers can go to a supermarket with a person's own shopping list, or can help to "collect" a click and collect order. This allows people to choose and pay for their own groceries. There are a number of supermarkets who have volunteer gift card schemes that means no money needs to change hands. See slide 20.</p> <p>Suitable for someone who cannot get an online delivery or does not want to do an online shop.</p>	<p>Call the Leeds Helpline:</p> <p><b>0113 376 0330</b></p>

# Routes to Support: FOOD

Support	Accessed Through	
People on restricted diets	Dealt with on a case by case basis via the helpline.	Call the Leeds Helpline: <b>0113 376 0330</b>
Emergency food parcels for people in immediate need	<p>If someone is in immediate need, food parcels contain enough food for a few days and can be tailored to urgent needs, including baby food.</p> <p>Or a referral can be made to a local foodbank for support.</p>	Individuals, call the LWSS Helpline: <b>0113 376 0330</b>

# Supermarket Priority Questions

**Q** How do I get access to priority supermarket deliveries?

**A** By registering online at: <https://www.gov.uk/coronavirus-shielding-support>  
This is open when an area is in Tier 3 or Shielding advice is in place. You must also have an account with each supermarket in order for it to be matched to your registration. The supermarket account must be in the NAME and at the REGISTERED address of the CEV person. N.b. this may be your child's name/ or the person you care for. And you must use the SAME email address on registration and for your supermarket account.

**Q** Does this change when an area changes Tier?

**A** No. Registration is only open in Tier 3 or when shielding advice is in place. But once you have registered, it does not change, no matter what Tier our local area is in.

**Q** How quickly does it work?

**A** It takes between 2 and 7 days after registration for priority to be linked to your supermarket account



# Supermarkets – Priority support for People who are shielding

	Online Priority	Offline Priority
Asda	Asda customers who have registered are offered a “priority pass” which entitles you to (paid for) recurring delivery slots; or priority access to one off delivery slots.	Asda Killingbeck and Asda Middleton offer a Click and Collect Service
Iceland	Iceland is offering exclusive times for people who are registered nationally to book a priority delivery slot. You must also be registered as customer on their website.	
Morrisons	Morrisons use Amazon for home deliveries and is unable to provide priority access to delivery slots but has expanded the total number of slots available to accommodate increased demand.	Morrisons Doorstep delivery service is a telesales shopping service. Call <b>0345 611 6111</b> and select option 5 to place your order. You must live within 10 miles of a store.
Ocado	Ocado assigns priority status to existing customers only. This means only those with an existing Ocado account and who have registered nationally can access priority slots.	



# Supermarkets – Priority support for People who are shielding

	Online Priority	Offline Priority
Sainsbury's	<p>Sainsbury's offers priority access to online home deliveries for shielding customers by allowing them to view slots 3 weeks ahead (compared to 2 weeks for other customers).</p> <p>You must also be registered as customer on their website.</p>	<p>Sainsbury's offer priority access to Click and Collect for shielding customers and telephone access to priority slots.</p> <p>Access by calling:</p> <p>Sainsbury's Care Line: <b>0800 636 262</b></p> <p>Sainsbury's Vulnerable Customer Line: <b>0800 917 8557</b></p>
Tesco	<p>Tesco offers priority access to online home deliveries for shielding customers. You must also be registered as customer on their website.</p>	<p>Tesco currently has Click and Collect in Roundhay Road; The Avenue – LS17; Bramley and Cookridge stores.</p>
Waitrose	<p>Waitrose offers priority access to online home deliveries for shielding customers. You must also be registered as customer on their website.</p>	



# Supermarkets - Support for people who are “vulnerable”

<b>Aldi</b>	<p>Aldi is selling ambient food parcels (i.e. foods that do not need to be refrigerated or won't go off quickly) on its website to help vulnerable people and those self-isolating. The parcels are for home delivery and contain 22 products including tinned soup, rice and pasta, antibacterial handwash and a four-pack of toilet roll. The parcels cost £23.99 including home delivery, but are limited to one per customer. Find more information at: <a href="https://www.aldi.co.uk/food-parcels">https://www.aldi.co.uk/food-parcels</a></p> <p>Vulnerable customers can shop half an hour before stores open (typically 7.30 – 8am)</p>
<b>Co-op</b>	<p>Through the Deliveroo app, households who are isolating can order basic essentials to be delivered (free delivery) from some local Co-ops. In Leeds, local Co-op stores taking part are: Sovereign Square, Cardigan Road, Butcher Hill, Hollin Park, Town Street Beeston and Otley Rd.</p>
<b>Lidl</b>	<p>In-Store Support for vulnerable or older customers who need assistance. An assistance bell is located at the entrance of stores for the vulnerable and elderly. When rung, a member of the team will provide further assistance. If you are unable to complete your shopping while following the social distancing measures Lidl have in place, a member of the team will safely support you. If you require assistance with your shopping, you may be accompanied by someone that can support you.</p>
<b>Marks &amp; Spencer</b>	<p>Marks &amp; Spencer is working with Deliveroo to deliver groceries from some franchises in BP fuel stations. Orders are made through the Deliveroo app. M&amp;S also has a range of food boxes for home delivery, including store cupboard goods, vegetable and fruit boxes, a £45 meat box and a new Gluten Free box.</p> <p>Customers who feel they need the support can use the link below to book a time to shop: <a href="https://www.marksandspencer.com/c/book-and-shop">https://www.marksandspencer.com/c/book-and-shop</a></p> <p>If a queue has formed when they arrive at the store for their booked shopping slot, the customer will be able to skip the queue and go directly inside to start shopping.</p>
<b>Sainsbury's</b>	<p>Elderly, vulnerable and disabled customers have priority entry from 08.00 to 09.00 Monday, Wednesday and Friday.</p>
<b>Waitrose</b>	<p>On Monday, Wednesday and Friday, the first hour of trading is specifically prioritised for elderly and vulnerable customers. Volunteers and carers are included (Volunteer ID required).</p>

# Volunteer Shopping Cards

Volunteer shopping cards enable you to purchase a shopping voucher for a set amount and have that sent directly to the friend, family member or volunteer who is doing your shopping for you, without having to exchange cash.

Each store has slightly different ways to top up or to reclaim any balance left on cards. These are the major stores using a volunteer shopping card:

- Aldi Voucher Scheme : <https://vouchers.aldi.co.uk/>
- Asda Volunteer Card: <https://cards.asda.com/volunteer>
- Marks and Spencer All in this Together Giftcard: <https://www.marksandspencer.com/we-re-all-in-this-together-volunteer-e-gift-card/p/gcp60282075>
- Sainsbury's Volunteer Shopping Card: [www.sainsburysgiftcard.co.uk](http://www.sainsburysgiftcard.co.uk)
- Tesco Volunteer eGift Card: <https://www.tescogiftcards.com/recipient-details?>
- Waitrose Vulnerable eGift Card: <https://www.johnlewisgiftcard.com>



# Routes to Support: Health and Wellbeing

- It is important that you continue to receive the care and support you need to help you stay safe and well.
- Do **continue** to access and ask for support from the NHS and other health providers for your existing health conditions and any new health concerns. Your local NHS services are well prepared and will put in measures to keep you safe.
- 
- 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 visit [www.nhs.uk/health-at-home](http://www.nhs.uk/health-at-home), or download the NHS App.
- If you have an urgent medical need, call NHS 111 or, for a medical emergency, dial 999.

# Routes to Support: Health

Support	Accessed Through	
<p><b>Free Vitamin D</b></p>	<p>The government is providing free vitamin D supplements for CEV people from January 2021.</p>	<p><a href="http://www.nhs.uk/get-vitamin-d-supplements">www.nhs.uk/get-vitamin-d-supplements</a>  <i>N.b. Registration for this scheme has been extended to 21 February 2021.</i></p> <p>If you cannot get online, call:  <b>0113 376 0330</b></p>
<p><b>Mental health information (Adults)</b></p>	<p>The Leeds MindWell website is full of tips on different ways you can protect your mental health, whilst staying home. Information is available on the coronavirus mental health information hub web page.</p>	<p><a href="https://www.mindwell-leeds.org.uk/myself/coronavirus-mental-health-information-hub">https://www.mindwell-leeds.org.uk/myself/coronavirus-mental-health-information-hub</a></p>
<p><b>Mental health information (Children and young people)</b></p>	<p>Children and families, including those who are shielding, are recommended to look at the MindMate website for information on managing mental wellbeing.</p>	<p><a href="https://www.mindmate.org.uk">https://www.mindmate.org.uk</a></p>
<p><b>Mental Health – 24 hour helpline</b></p>	<p>Open 24 hours a day, 7 days a week. It gives people an opportunity to talk to someone who can help them find the right support. Anyone registered with a Leeds GP can call the helpline. <b>You do not need to be in crisis to seek help.</b></p>	<p>Mental Health Helpline  <b>0800 183 0558</b></p>

# Routes to Support: Health 2

Support	Accessed Through	
<p><b>Linking Leeds</b></p>	<p>Linking Leeds is the integrated city-wide Social Prescribing service for people in Leeds. Social Prescribing is a way of linking individuals with a range of local community services to improve social, emotional and mental wellbeing</p>	<p>Tel: <b>0113 336 7612</b>            Email: <a href="mailto:linking.leeds@nhs.net">linking.leeds@nhs.net</a>            Visit: <a href="http://www.commlinks.co.uk">www.commlinks.co.uk</a></p>
<p><b>Peer Support</b></p>	<p>There are new weekly online groups for CEVs to provide peer and mutual support to manage feelings of anxiety and isolation.            To share coping strategies and to have a place to talk about all things CEV.</p>	<p>Tel: <b>0113 222 4444</b>            Ask to speak to the operator and tell us you are interested in Peer Support            Or email:  <a href="mailto:ProjectDevelopmentTeam@leeds.gov.uk">ProjectDevelopmentTeam@leeds.gov.uk</a></p>
<p><b>Bereavement and Loss</b></p>	<p>If you are experiencing feelings of grief or loss, from any cause, you can call the telephone line, use the online chat or text            Interpretation services are available for BSL or speakers of other languages.</p>	<p><b>West Yorkshire and Harrogate Grief and Loss Support Service</b>            8am – 8pm, every day            Tel: <b>0808 196 3833</b>            or online live chat at  <a href="http://www.griefandlosswyh.co.uk">www.griefandlosswyh.co.uk</a></p>
<p><b>Homeshare</b></p>	<p>A home sharer can be a valuable source of support and reduce isolation for someone who is shielding. They can also help with shopping and chores in the home. Sharers are carefully matched with householders and careful risk management plans are in place.</p>	<p>Tel: <b>0113 3785410</b>  <a href="http://www.leeds.gov.uk/homeshare">www.leeds.gov.uk/homeshare</a></p>

# Routes to Support: Health - Pregnancy

- Pregnancy alone does NOT require someone to shield
- However, if you have been advised to shield for another reason, or specifically because you have congenital or acquired heart disease and are pregnant, please note the following:
- If you are shielding and pregnant it is very important that you continue to have contact with your midwife so they can provide the maternity care needed to ensure wellbeing and the safe arrival of baby . This should be by phone or online wherever possible.
- However, if they have a scheduled hospital or other medical appointment during this period, you should talk to their Midwife or GP **to ensure you continue to receive the care you need and to agree which appointments are right for you to attend in person.** People are advised to contact hospital/ clinic to confirm all appointments.

Support	Accessed Through	
During Pregnancy	<p><b>LTHT Maternity Services</b> - for more information and details about shielding whilst pregnant <b>Leeds Maternity Coronavirus Advice Line:</b> <b>07464907978</b> <a href="https://www.leedsth.nhs.uk/a-z-of-services/leeds-maternity-care/">https://www.leedsth.nhs.uk/a-z-of-services/leeds-maternity-care/</a></p>	<p><b>Women's Health Matters</b> - <a href="https://www.womenshealthmatters.org.uk/">https://www.womenshealthmatters.org.uk/</a></p> <p><b>Women's Lives Leeds</b>- <a href="https://www.womenslivesleeds.org.uk/">https://www.womenslivesleeds.org.uk/</a></p>

# Routes to Support: Staying - Healthy Physical Activity

- Keeping up with exercise, and building more movement into daily life, helps keep people physically healthy and improves mental wellbeing. The latest update to the shielding guidance means people can leave their homes once a day to exercise, as long as you they do so safely, maintaining strict social distancing at all times.
- There are also ways that people can move more whilst at home. Any movement is good, particularly if it makes someone feel a little bit warm and makes them breathe a little faster. Small chunks of movement every day helps increase energy. There are ways people can move well at home:
  - Strength and balance exercises that will help to keep people strong and steady on your feet.
  - Aerobic exercise that warms a person up and gets them breathing slightly harder to help them keep fit and well.
  - Breaking up periods of inactivity, such as sitting or lying down throughout the day with movement and activities.

# Routes to Support: Health – Physical Activity

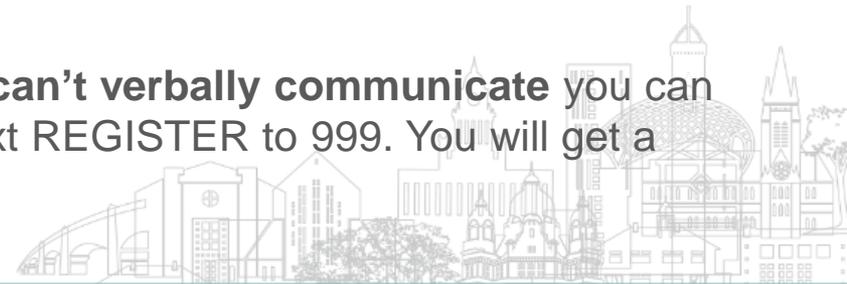
Support	Accessed Through	
<b>Active Leeds</b>	Loads of tips for keeping moving, staying active and staying safe during lockdown for all ages.	Online: <a href="https://active.leeds.gov.uk/healthy-at-home">https://active.leeds.gov.uk/healthy-at-home</a>
<b>Keeping Well at Home Programme</b>	This is a range of free resources and activities to support people to keep mobile and active while shielding. Resources include printed booklets, activity DVDs, YouTube videos, gentle activities seated or standing / Tai Chi / Pilates / Yoga delivered on Zoom, personalised support and a tablet loan scheme.	Online: <a href="https://active.leeds.gov.uk/keepingwellathome">https://active.leeds.gov.uk/keepingwellathome</a>
<b>Guided exercise and support</b>	Work online with someone who is trained in Physical Activity to help get you moving more often this winter. It is open CEVs who would benefit from some support and advice to get physically active this winter. For people who have physical restrictions or challenges, this will be done one-to-one so that the exercise suits your needs and can be done safely.	Email: <a href="mailto:ProjectDevelopmentTeam@leeds.gov.uk">ProjectDevelopmentTeam@leeds.gov.uk</a>  Telephone: <b>0113 222 4444</b> Ask to speak to an operator. They will take your details and we will call you back.

# Routes to Support: Prescriptions

Support	Accessed Through	
<p><b>Prescription Delivery</b></p>	<p>You can ask friends or family to collect prescriptions on your behalf.</p> <p>If you are struggling and need a prescription to be delivered, you can ask if a volunteer is available to assist you.</p> <p>If none of these are available, then you will be eligible for free medicines delivery.</p>	<p>Requests for volunteers to the HELPLINE: <b>0113 376 0330</b></p> <p><b>Contact your pharmacy to inform them that you are clinically extremely vulnerable and need your medicines delivered.</b></p>
<p><b>Priority delivery of controlled drugs</b></p>	<p>Priority delivery for people on methadone or withdrawal-scripts who are CEV</p>	<p>Contact Forward Leeds: <b>0113 887 2477</b> <b>info@forwardleeds.co.uk</b></p>
<p><b>For Pharmacies delivering to people who are shielding</b></p>	<p>Pharmacists requiring support for an urgent delivery, backed up by Council and volunteer fleet</p>	<p>Pharmacists/ partners request via email <a href="mailto:covid.partners@leeds.gov.uk"><b><u>covid.partners@leeds.gov.uk</u></b></a></p>
<p><b>For Primary Care</b></p>	<p>Primary care requiring support for an urgent need (e.g. if availability a problem in usual/local pharmacy and prescription needs to be filled elsewhere) backed up by Council and volunteer fleet</p>	<p>Request via email <a href="mailto:covid.partners@leeds.gov.uk"><b><u>covid.partners@leeds.gov.uk</u></b></a></p>

# Routes to Support: Safeguarding

- We know that shielding is particularly challenging for people living with domestic abuse. All professionals in Leeds are committed to keeping someone who is shielding safe – and that should not be a barrier to someone receiving support. Help is available.
- Always call the police on 999 in an emergency (**press 55 after the emergency number if you're in danger and not able to speak for help**)
- Find alternative accommodation from Leeds Housing Options or Leeds Domestic Violence Service if you are experiencing domestic abuse and need to escape – **and tell them if you have been advised to shield.**
- Find a safe place to stay with physical 2m distance wherever possible if you need to leave your home to seek support.
- Emergency SMS service - If you are **deaf or can't verbally communicate** you can register with the Emergency SMS service. Text REGISTER to 999. You will get a text which tells you what to do next.



# Routes to Support: Safeguarding 1

Support	Accessed Through	
If you are concerned for the safety of a child	Advice is available from the Duty & Advice Team during office hours. And from the Children's Emergency Duty team on evenings, weekends and bank holidays. The Front Door Safeguarding Hub.	Office Hours, Tel: <b>0113 376 0336</b> Out of hours, Tel: <b>0113 535 0600</b>
Help for adults concerned about a child	NSPCC advice line.	NSPCC Tel: <b>0808 800 5000</b>
Help for children and young people	Childline via telephone or online.	ChildLine Tel: 0800 1111 <a href="https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/">https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/</a>
To report abuse or seek advice about an adult:	Contact Adult Social Care: <b>0113 222 4401</b> Out of hours: <b>0113 378 0644</b>	



# Routes to Support: Safeguarding 2

Support	Accessed Through	
Leeds Domestic Violence Service	24-hour Helpline for anyone in Leeds wanting immediate advice, support and information. Emergency accommodation, support, advice and advocacy to women, men and families across Leeds.	Tel: <b>0113 246 0401</b> <a href="http://www.ldvs.uk/">www.ldvs.uk/</a>
Leeds Women's Aid	<b>Online chat service</b> is available Monday to Friday from 1pm till 3pm. Please go to the to access a confidential live online live chat for support and help.	Online Chat Service: <a href="https://leedswomensaid.co.uk/">https://leedswomensaid.co.uk/</a>
The Mother Load	Advice for domestic abuse victims on how to keep safe during self-isolation.	<a href="http://www.the-motherload.co.uk">www.the-motherload.co.uk</a>
Karma Nirvana	Support for victims of honour based abuse and forced marriage	<a href="https://karmanirvana.org.uk/">https://karmanirvana.org.uk/</a>
Galop	LGBT+ anti-violence charity	<a href="http://www.galop.org.uk/">www.galop.org.uk/</a>
Respect Phonenumber	Anonymous and confidential helpline for men and women who are harming or considering harming their partners, ex-partners, or families. Advice and information to promote behaviour change	Respect Helpline: <b>0808 8024040</b>
Respect Men's Advice Line	National Men's Advice Line for men experiencing domestic abuse	Tel: <b>0808 8010327</b> <a href="https://mensadviceline.org.uk/">https://mensadviceline.org.uk/</a>

# Routes to Support: Transportation

Support	Accessed Through	
<b>People who usually use Patient Transport Service</b>	<p>Advice given by each Clinic on if patient should attend in person and if passenger transport can handle this safely.</p> <p>Transport arranged via existing passenger transport system or via NHS responders where needed by the clinic.</p>	<p>Shielding individuals can call NHS Volunteer Responders by calling <b>0808 196 3646</b> between 8am and 8pm.</p>
<b>Transport for anyone who has been asked to attend a clinic in person</b>	<p>If clinics do not have passenger transport available, and NHS Responders are unable to help, and a person is unable to travel to an appointment safely and cannot afford to pay for private transport, it may be possible to assist them.</p>	<p>Call the Leeds HELPLINE: <b>0113 376 0330</b></p>

# Routes to Support: Vaccine

- People who are clinically extremely vulnerable are **one of the priority groups now invited** to get access to the vaccine and **you will start to be** invited to take up the vaccine offer from now on. There are three ways you might be contacted by the NHS when it is your turn to be vaccinated.
- **Using a local GP service:** GP services are working together in your area to vaccinate as many people as possible. You may be contacted by a different surgery to the one you usually go to.
- **Local hospital services:** You might be contacted to have the vaccination as an inpatient or outpatient.
- **At a vaccination centre:** If you live within 30 to 45 minutes of a vaccination centre, and haven't already been vaccinated, you may have received a letter asking you to book an appointment online at [www.nhs.uk/covid-vaccination](https://www.nhs.uk/covid-vaccination). Or if you can't access the NHS website you can **call 119 free of charge**.
- If you cannot travel to a vaccination centre, or there is another reason you cannot book an appointment at the nearest vaccination centre (which may be outside of Leeds), you can **choose to wait until your local GP services contact you** if they haven't already. If this is your preferred option – you don't need to do anything now – wait for your GP service to make contact.

# Routes to Support: Vaccine

- **Please do not try to book a vaccination if you have not received an invite. Please be assured your NHS will contact you when it's your turn.**
- **You should avoid calling your doctor for information about the vaccine** as they cannot provide any further details or book anyone in for an appointment to receive a vaccine at this point. They are experiencing high call volumes currently, calling for the vaccine may stop someone who needs urgent medical help getting through to them
- The vaccine will always be **free of charge** – and you should never give your bank details in relation to the vaccine.
- **No one will arrive at your home unannounced to administer the vaccine** – and you should always request identification of any unannounced visitors.
- Remember: shielding advice remains in place – even if you have had your first vaccine

# Helpful Organisations and Groups

	Description	Contact
<b>Leeds Directory</b>	Leeds Directory offers a comprehensive range of services and community based support, groups and activities, in order to support people to live the life they want to live. It helps you live well by connecting you to reliable local services and tradespeople who have been checked and vetted as well as activities and events near you.	Call: 0113 378 4610, weekdays 9am to 5pm Email: <a href="mailto:leedsdirectory@leeds.gov.uk">leedsdirectory@leeds.gov.uk</a> Visit: <a href="http://www.leedsdirectory.org">www.leedsdirectory.org</a>
<b>Community Hubs</b>	There are still thousands of volunteers who are willing to help working across Leeds. If you are struggling, worried or just need someone to point you in the right direction – call and they will put you in touch with someone who can help.	Call: 0113 376 0330
<b>Linking Leeds</b>	Linking Leeds is the integrated city-wide Social Prescribing service for people in Leeds. Social Prescribing is a way of linking individuals with a range of local community services to improve social, emotional and mental wellbeing.	Call: 0113 336 7612 Email: <a href="mailto:linking.leeds@nhs.net">linking.leeds@nhs.net</a> Visit: <a href="http://www.commlinks.co.uk">www.commlinks.co.uk</a>
<b>Forum Central</b>	Forum Central offer information about voluntary and community services that are available to help and support you, and help with accessing these services.	Call: 0113 242 1321 Email: <a href="mailto:hello@forumcentral.org.uk">hello@forumcentral.org.uk</a> Visit: <a href="http://www.forumcentral.org.uk">www.forumcentral.org.uk</a>

# Helpful Organisations and Groups 2

	Description	Contact
<b>Carers Leeds</b>	If you are a carer over the age of 18 – i.e. you look after a friend or relative with an illness, frailty, disability, mental health issue or an addiction – Carers Leeds offers a range of support, advice and information for carers and professionals in Leeds.	Call: 0113 380 4300, weekdays 9am to 5pm Email: <a href="mailto:advice@carersleeds.org.uk">advice@carersleeds.org.uk</a> Visit: <a href="http://www.carersleeds.org.uk">www.carersleeds.org.uk</a>
<b>Family Action</b>	If you are aged under 18, Family Action can support you via a range of methods including social media, activities, group work, networking, accessing and signposting to external agencies for young carers and families to gain additional support.	Call: 0113 733 9126 Email: <a href="mailto:leedsyoungcarers@family-action.org.uk">leedsyoungcarers@family-action.org.uk</a> Visit: <a href="http://www.leedsyoungcarers.org.uk">www.leedsyoungcarers.org.uk</a>
<b>Mindwell</b>	The Leeds MindWell website is full of tips on different ways you can protect your mental health, whilst staying home. Information is available on the coronavirus mental health information hub web page.	Visit: <a href="https://www.mindwell-leeds.org.uk/myself/coronavirus-mental-health-information-hub">https://www.mindwell-leeds.org.uk/myself/coronavirus-mental-health-information-hub</a>
<b>Mindmate</b>	<a href="http://www.mindmate.org.uk">MindMate</a> is the mental health website in Leeds for young people, their families and professionals who support them.	Visit: <a href="https://www.mindmate.org.uk/">https://www.mindmate.org.uk/</a>
<b>Voluntary Action Leeds</b>	There are a wide range of opportunities to help others by volunteering in Leeds including carrying out volunteering from your home.	Visit: <a href="https://doinggoodleeds.org.uk/i-want-to-volunteer/">https://doinggoodleeds.org.uk/i-want-to-volunteer/</a> Call: 0113 2977920

# Neighbourhood Networks

<b>Action for Gipton Elderly</b>	5-11 Oak Tree Drive, Gipton, LS8 3LJ Call: 0113 2409784 Email: <a href="mailto:age.gipton@talktalk.net">age.gipton@talktalk.net</a>	Community Action of Roundhay Elderly – CARE (RVS)	The Old Shoulder of Mutton, 45 Potternewton Lane, Chapel Allerton, LS7 3LW Call: 0113 8873597 Email: <a href="mailto:LeedsYorkHub@royalvoluntaryservice.org.uk">LeedsYorkHub@royalvoluntaryservice.org.uk</a> Visit: <a href="http://www.royalvoluntaryservice.org.uk">www.royalvoluntaryservice.org.uk</a>
<b>Aireborough Voluntary Services to the Elderly</b>	ANSA Clubhouse, Nunroyd Park, Yeadon, Leeds LS19 7HR Call: 0113 2501702 Email: <a href="mailto:info@avsed.org.uk">info@avsed.org.uk</a> Visit: <a href="http://www.avsed.org.uk">www.avsed.org.uk</a>	Cross Gates & District Good Neighbours' Scheme CIO	Station Road, Crossgates, Leeds, LS15 7JY Call: 0113 260656 Email: <a href="mailto:admin@crossgatesgns.org.uk">admin@crossgatesgns.org.uk</a> Visit: <a href="http://www.crossgatesgns.org.uk">www.crossgatesgns.org.uk</a>
<b>Armley Helping Hands</b>	Strawberry Lane Community Centre, Armley, LS12 1SF Call: 0113 2799292 Email: <a href="mailto:admin@armleyhelpinghands.org.uk">admin@armleyhelpinghands.org.uk</a> Visit: <a href="http://www.armleyhelpinghands.org.uk">www.armleyhelpinghands.org.uk</a>	Farsley Live at Home Scheme	St John's Farsley Parish Church Hall, New Street, Leeds, LS28 5DJ Call: 0113 2909340 Email: <a href="mailto:farsley.liveathome@mha.org.uk">farsley.liveathome@mha.org.uk</a> Visit: <a href="http://www.mha.org.uk/community-support/live-home/farsley">www.mha.org.uk/community-support/live-home/farsley</a>
<b>Belle Isle Senior Action</b>	26 Broom Crescent, Leeds LS10 3JW Call: 0113 2778208 Email: <a href="mailto:info@belleisle.org.uk">info@belleisle.org.uk</a> Visit: <a href="http://www.belleisle.org.uk">www.belleisle.org.uk</a>	Halton Moor & Osmondthorpe Project – HOPE	Osmondthorpe Hub, Osmondthorpe Lane, LS9 9EF Call: 0113 2493597 Email: <a href="mailto:info@hopeprojectleeds.org.uk">info@hopeprojectleeds.org.uk</a> Visit: <a href="http://www.facebook.com/hopeprojectleeds/">www.facebook.com/hopeprojectleeds/</a>
<b>Bramley Elderly Action</b>	Bramley Community Centre, Waterloo Lane, Bramley, Leeds LS13 2JB Phone: 0113 2361644 Email: <a href="mailto:info@bramleyea.org">info@bramleyea.org</a> Visit: <a href="http://www.bramleyea.org.uk">www.bramleyea.org.uk</a>	Hamara Healthy Living	Tempest Road, Beeston, LS11 6RD Call: 0113 2773330 Email: <a href="mailto:admin@hamara.co.uk">admin@hamara.co.uk</a> Visit: <a href="http://www.hamara.org.uk">www.hamara.org.uk</a>



# Neighbourhood Networks 2

<p><b>Burmantofts Senior Action</b></p>	<p>Lower Ground Floor, 75a Stoney Rock Lane, Leeds LS9 7TB          Call: 0113 2489191          Email: <a href="mailto:info@bsaleeds.org">info@bsaleeds.org</a>          Visit: <a href="http://www.bsaleeds.org">www.bsaleeds.org</a></p>	<p>Hawksworth Older People's Support – HOPS</p>	<p>Hawksworth Wood Village Hall, Hawkswood Crescent, Leeds LS5 3PT          Call: 0113 2285552          Email: <a href="mailto:hops.2001@yahoo.co.uk">hops.2001@yahoo.co.uk</a>          Visit: <a href="http://www.facebook.com/Hawksworth-Older-People-Support-Services-HOPS-LTD200871099929233/">www.facebook.com/Hawksworth-Older-People-Support-Services-HOPS-LTD200871099929233/</a></p>
<p><b>Caring together in Woodhouse &amp; Little London</b></p>	<p>Woodhouse Community Centre, 197 Woodhouse Street, Leeds, LS6 2NY          Call: 0113 2430298          Email: <a href="mailto:info@caringtogether.org.uk">info@caringtogether.org.uk</a>          Visit: <a href="http://www.caringtogether.co.uk">www.caringtogether.co.uk</a></p>	<p>Holbeck Together</p>	<p>The Old Box Office, 99 Domestic Street, Holbeck, LS11 9NS          Call: 0113 2455553          Email: <a href="mailto:info@holbecktogether.org">info@holbecktogether.org</a>          Visit: <a href="http://www.holbecktogether.org/">www.holbecktogether.org/</a></p>
<p><b>Chapel Allerton Good Neighbours (RVS)</b></p>	<p>The Old Shoulder of Mutton, 45 Potternewton Lane, Chapel Allerton, LS7 3LW          Call: 0113 8873597          Email: <a href="mailto:LeedsYorkHub@royalvoluntaryservice.org.uk">LeedsYorkHub@royalvoluntaryservice.org.uk</a>          Visit: <a href="http://www.royalvoluntaryservice.org.uk">www.royalvoluntaryservice.org.uk</a></p>	<p>Horsforth Live at Home Scheme</p>	<p>Central Methodist Church, Town Street, Horsforth, LS18 4AH          Call: 0113 2591511          Email: <a href="mailto:horsforth.liveathome@mha.org.uk">horsforth.liveathome@mha.org.uk</a>          Visit: <a href="http://www.mha.org.uk/community-support/live-home/horsforth">www.mha.org.uk/community-support/live-home/horsforth</a></p>
<p><b>Leeds Black Elders Association</b></p>	<p>3 Reginald Terrace, Leeds, LS7 3EZ          Call: 0113 2374332          Email: <a href="mailto:info@lbea.co.uk">info@lbea.co.uk</a>          Visit: <a href="http://www.lbea.co.uk">www.lbea.co.uk</a></p>	<p>Otley Action for Older People</p>	<p>Otley Older People's Welfare Centre, Crossgates, Otley, LS21 3AA          Phone: 01943 463965          Email: <a href="mailto:info@otleyactionforolderpeople.org.uk">info@otleyactionforolderpeople.org.uk</a>          Visit: <a href="http://www.otleyactionforolderpeople.org.uk">www.otleyactionforolderpeople.org.uk</a></p>
<p><b>Meanwood Elders Neighbourhood Action (RVS)</b></p>	<p>The Old Shoulder of Mutton, 45 Potternewton Lane, Chapel Allerton, LS7 3LW          Call: 0113 8873597          Email: <a href="mailto:LeedsYorkHub@royalvoluntaryservice.org.uk">LeedsYorkHub@royalvoluntaryservice.org.uk</a>          Visit: <a href="http://www.royalvoluntaryservice.org.uk">www.royalvoluntaryservice.org.uk</a></p>	<p>Pudsey Live at Home Scheme</p>	<p>53 Richardshaw Lane, Pudsey, LS28 7NB          Call: 0113 2562717          Email: <a href="mailto:Pudsey.liveathome@mha.org.uk">Pudsey.liveathome@mha.org.uk</a>          Visit: <a href="http://www.mha.org.uk/community-support/live-home/pudsey">www.mha.org.uk/community-support/live-home/pudsey</a></p>
<p><b>Middleton Elderly Aid</b></p>	<p>Middleton Elderly Aid Centre, Acre Road, Middleton, Leeds LS10 4LF          Call: 0113 2721050          Email: <a href="mailto:middletonelderlyaid@btconnect.com">middletonelderlyaid@btconnect.com</a>          Visit: <a href="http://www.middletonelderlyaid.org.uk">www.middletonelderlyaid.org.uk</a></p>	<p>Richmond Hill Elderly Action</p>	<p>Richmond Hill Community Centre, Long Close Lane, Leeds, LS9 8NP          Call: 0113 2485200          Email: <a href="mailto:info@rhea-leeds.org.uk">info@rhea-leeds.org.uk</a>          Visit: <a href="http://www.rhea-leeds.org.uk">www.rhea-leeds.org.uk</a></p>

# Neighbourhood Networks 3

<p><b>Moor Allerton Elderly Care – MAECare</b></p>	<p>57 Cranmer Bank, Moor Allerton, LS17 5JD          Call: 0113 2660371          Email: <a href="mailto:info@maecare.org.uk">info@maecare.org.uk</a>          Visit: <a href="http://www.maecare.org.uk/">www.maecare.org.uk/</a></p>	<p>Rothwell &amp; District Live at Home Scheme</p>	<p>First Floor, Oulton Institute, 5 Quarry Hill, Oulton, LS26 8SX          Call: 0113 2880887          Email: <a href="mailto:rothwell.liveathome@mha.org.uk">rothwell.liveathome@mha.org.uk</a>          Visit: <a href="http://www.rothwellliveathome.btck.co.uk/">www.rothwellliveathome.btck.co.uk/</a></p>
<p><b>Morley Elderly Action</b></p>	<p>Wesley House, 32 Wesley Street, LS27 9ED          Call: 0113 2534484          Email: <a href="mailto:carole@morleyelderlyaction.org.uk">carole@morleyelderlyaction.org.uk</a>          Visit: <a href="http://www.morleyelderlyaction.org.uk">www.morleyelderlyaction.org.uk</a></p>	<p>South Leeds Live at Home Scheme</p>	<p>St Andrew's Methodist Church, Old Lane, Beeston, LS11 8AG          Call: 0113 2716201          Email: <a href="mailto:liveathome@btopenworld.com">liveathome@btopenworld.com</a>          Visit: <a href="http://www.southleedsliveathome.org.uk">www.southleedsliveathome.org.uk</a></p>
<p><b>Neighbourhood Action in Farnley, New Farnley &amp; Moor Top</b></p>	<p>307 Lower Wortley Road, LS12 4QA          Call: 0113 2632945          Email: <a href="mailto:neighbourhoodaction@hotmail.com">neighbourhoodaction@hotmail.com</a>          Visit: <a href="http://www.facebook.com/Neighbourhood-Action-In-Farnley-New-Farnley-Moor-Top252574891590856/">www.facebook.com/Neighbourhood-Action-In-Farnley-New-Farnley-Moor-Top252574891590856/</a></p>	<p>Seacroft Friends &amp; Neighbours Scheme</p>	<p>Methodist Church Hall, 1081 York Road, LS14 6JB          Call: 0113 2734979          Email: <a href="mailto:ssfn@btconnect.com">ssfn@btconnect.com</a>          Visit: <a href="http://www.ssfn.co.uk">www.ssfn.co.uk</a></p>
<p><b>Neighbourhood Elders Team – NET</b></p>	<p>Dover Street, Garforth, LS25 2LP          Call: 0113 2874784          Email: <a href="mailto:monica@netgarforth.org">monica@netgarforth.org</a>          Visit: <a href="http://www.netgarforth.org">www.netgarforth.org</a></p>	<p>Supporting the Elderly People - STEP</p>	<p>244 Queenswood Drive, Leeds LS6 3ND          Call: 0113 2757988          Email: <a href="mailto:step.2.step@btconnect.com">step.2.step@btconnect.com</a>          Visit: <a href="http://www.stepleeds.org.uk">www.stepleeds.org.uk</a></p>
<p><b>Older People's Action in the Locality – OPAL</b></p>	<p>Welcome In Community Centre, 55 Bedford Drive Leeds, LS16 6DJ          Call: 0113 2619103          Email: <a href="mailto:admin@opal-project.org.uk">admin@opal-project.org.uk</a>          Visit: <a href="http://www.opal-project.org.uk">www.opal-project.org.uk</a></p>	<p>Swarcliffe Good Neighbours Scheme</p>	<p>Swarcliffe Community Centre, Stanks Gardens, Leeds, LS14 5LS          Phone: 0113 2326910          Email: <a href="mailto:mail@sgns.wanadoo.co.uk">mail@sgns.wanadoo.co.uk</a>          Visit: <a href="http://www.sgns.org.uk">www.sgns.org.uk</a></p>
<p><b>Older Wiser Local Seniors - OWLS</b></p>	<p>HEART, Bennett Road, Headingley, LS6 3HN          Call: 0113 3697077          Email: <a href="mailto:infoowls@gmail.com">infoowls@gmail.com</a>          Visit: <a href="http://www.bramleyea.org.uk/activities-services/owls/">www.bramleyea.org.uk/activities-services/owls/</a></p>	<p>Wetherby in Support of the Elderly – WISE</p>	<p>Wetherby One Stop, Westgate, LS22 6NL          Call: 01937 588994          Email: <a href="mailto:info@w-ise.org.uk">info@w-ise.org.uk</a>          Visit: <a href="http://www.w-ise.org.uk">www.w-ise.org.uk</a></p>

# Community Care Hubs

*There is a local community care hub to help coordinate volunteer efforts in every ward*

Ward	Third sector volunteer coordination lead	Ward	Third sector volunteer coordination lead
Adel & Wharfedale	OPAL	Killingbeck & Seacroft	LS14 Trust
Alwoodley	Moor Allerton Elderly Care	Kippax & Methley	Garforth Net
Ardsley & Robin Hood	Groundwork	Kirkstall	Kirkstall Valley Development Trust
Armley	New Wortley Community Centre	Little London and Woodhouse	Oblong
Beeston & Holbeck	Slung Low	Middleton Park	Hamara
Bramley & Stanningley	Barca	Moortown	InterACT Church and Community Partnership
Burmantofts & Richmond Hill	Leeds Mencap	Morley North	Groundwork
Calverley & Farsley	Pudsey Parish Church	Morley South	Groundwork
Chapel Allerton	Feel Good Factor	Otley & Yeadon	Otley Action for Older People
Cross Gates & Whinmoor	Cross Gates & District Good Neighbours Scheme	Pudsey	Pudsey Parish Church
Farnley & Wortley	Armley Helping Hands	Rothwell	
Garforth & Swillington	Garforth Net	Roundhay	St Edmunds church
Gipton & Harehills	CATCH	Temple Newsam	Hope and Partners
Guiseley & Rawdon	AVSED	Weetwood	OPAL
Harewood	Wetherby in Support of the Elderly	Wetherby	Wetherby in Support of the Elderly
Headingley & Hyde Park	Hyde Park Source		
Horsforth	Horsforth Community aid project		
Hunslet & Riverside	Involve (Hunslet)		

# At the first sign of symptoms...

- People advised to shield should contact NHS 111 at the first sign of any coronavirus symptoms
- You may want to tell them about any medication you are already taking
- If you need to take a Covid-19 test, you should **request a home test kit** where possible.

# Definitions

- CEV = “Clinically Extremely Vulnerable” to Covid-19. The list of conditions and how it is determined can be found [here](#)
- SPL = “Shielded Patient List” – the NHS list of all the people who are CEV
- “Shielding” – the specific advice given to CEV people to stay at home when Covid-19 transmission is at its highest



# Help Is Available



**Online**

**[leeds.gov.uk/shielding](https://leeds.gov.uk/shielding)**



**Phone**

**0113 376 0330**



**SignLive Directory**

**Select LCC Covid19**



**Text Number**

**07480632471**

Language	Translated Statement
English	<i>This letter contains important information related to your NHS advice on shielding/ clinically extremely vulnerable. If you do not understand it please ask someone to explain it to you.</i>
Arabic	إذا كنت .للتحصن NHSتحتوي هذه الرسالة على معلومات مهمة تتعلق بنصيحة خدمة الصحة الوطنية لا تفهما، فيرجى أن تطلب من شخص ما أن يشرح لك ذلك.
Bengali	এই চিঠিতে 'শিল্ড করা' (সম্পূর্ণরূপে বিচ্ছিন্ন থাকা) সম্পর্কে আপনার এন.এইচ.এস এর পরামর্শ রয়েছে। যদি এই চিঠির বিষয়বস্তু বুঝতে না পারেন, তাহলে আপনাকে তা বুঝিয়ে দেওয়ার জন্য কাউকে অনুরোধ করুন
Czech	<i>Tento dopis obsahuje důležité informace, které se týkají doporučení NHS pro ochranu. Pokud tomu nerozumíte, poproste prosím někoho o vysvětlení.</i>
Farsi	این نامه محتوی اطلاعات مهمی در رابطه با توصیه های خدمات درمانی ملی به شما در خصوص قرنطینه میباشد. اگر متوجه مسائل مندرج در این نامه نمی شوید، از شخصی درخواست کنید که به شما توضیح دهد. قارسی
Kurdish Sorani	ئهم نامهیه هه‌لگری زانیاری گرینگ سه‌بارەت به رینوینی ئین ئیچ ئیس بو مانهوه له مالهوهیه. ئەگەر لەم نامهیه تینه‌گه‌شیتیت تکایه پرسیار له کهسیک بکه بو ئەوهی بو‌ت شی بکاتهوه.

Language	Translated Statement
Polish	<i>Niniejszy list zawiera ważne informacje na temat skierowanej do Ciebie porady NHS, aby się izolować. Jeśli masz trudności ze zrozumieniem tego listu, poproś inną osobę o jego wyjaśnienie.</i>
Punjabi	<i>ਇਸ ਚਿੱਠੀ ਵਿੱਚ ਬਚਾਅ ਕਰਨ ਲਈ ਤੁਹਾਡੀ NHS ਸਲਾਹ ਸਬੰਧੀ ਮਹੱਤਵਪੂਰਨ ਜਾਣਕਾਰੀ ਸ਼ਾਮਲ ਹੈ। ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਸਮਝ ਨਹੀਂ ਆਉਂਦੀ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਕਿਸੇ ਵਿਅਕਤੀ ਨੂੰ ਕਹੋ ਕਿ ਉਹ ਤੁਹਾਨੂੰ ਇਸ ਦੀ ਵਿਆਖਿਆ ਕਰੇ।</i>
Romanian	<i>Această scrisoare conține informații importante legate de sfaturile date dumneavoastră de NHS pentru a vă proteja. Dacă nu o înțelegeți, vă rugăm să cereți cuiva să v-o explice.</i>
Slovak	<i>Tento list obsahuje dôležité informácie týkajúce sa poradenstva NHS ako sa chrániť. Ak tomu nerozumiete, požiadajte niekoho, aby vám to vysvetlil.</i>
Tigrinya	<i>እዚ ድሑፍ እዚ፡ ንምሕደብ/ምዕቋብ ዝምልከት ኣገዳሲ ምክራዊ ሓበሬታ ናይ ሃገራዊ ኣገልግሎት ጥዕና (NHS) ዝሓዘ እዩ። እንተድኣ ትሕዝቶኡ ዘይተረድኣኩም፡ ንገለ-ሰባት ንክብርሁልኩም ሕተቱ ኢኹም።</i>
Urdu	<i>اس خط کے اندر حفاظتی پناہ میں رہنے کے بارے میں آپ کے لیے این ایچ ایس [NHS] کے مشورے سے متعلق اہم معلومات موجود ہیں۔ اگر آپ کو ان کی سمجھ نہ آئے تو مہربانی فرما کر کسی سے کہیں کہ وہ آپ کو سمجھا دے۔</i>

# Information in Other Languages

- We now have the shielding advice available in key languages: Arabic, Bengali, Czech, Farsi, Kurdish Sorani, Lithuanian, Pashto, Polish, Punjabi, Romanian, Slovak, Tigrinya, Urdu.
- These can be downloaded from: :  
[https://drive.google.com/drive/folders/18WNtAAs\\_tSML4RyfhIF9rfHQ5DqQkfv9?usp=sharing](https://drive.google.com/drive/folders/18WNtAAs_tSML4RyfhIF9rfHQ5DqQkfv9?usp=sharing)
- Other languages, BSL or Easy Read available on request to [covid.partners@leeds.gov.uk](mailto:covid.partners@leeds.gov.uk)

# SHIELDING DURING LOCKDOWN:

## Summary of advice for people who are clinically extremely vulnerable



### WORK

- Work from home if you can
- If you cannot work from home, then you should not attend work. Your shielding letter can be used as proof for your employer



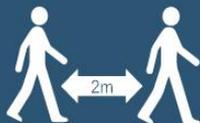
### SCHOOL

- Clinically extremely vulnerable children are advised not to attend school – even if they are children of key workers or vulnerable
- Children who live with someone who is clinically extremely vulnerable and who are going in to school at this time should take extra care to wash their hands and maintain distance wherever possible



### SHOPS & PHARMACY

- Do not go to the shops or pharmacy in person during this time
- Use online shopping – including signing up for priority online delivery; asking family or friends to shop for you or ask for assistance from volunteers
- Ask family or friends to collect prescriptions or check with your pharmacy if they are delivering. Ask for assistance from volunteers if needed



### SOCIALISING

- In general, you are advised to stay at home as much as possible – but to take exercise or walks outdoors every day to stay healthy
- Take care to keep your home well ventilated
- Keep 2m distance from people you live with if they are leaving home for work or using public transport



### TRAVEL

- You are advised not to travel unless essential and to avoid public transport



### CARE & SUPPORT

- You should continue to access the care and support you need – this includes any hospital or care appointment you would normally go to

If you need help, contact us:



Online

[leeds.gov.uk/shielding](https://leeds.gov.uk/shielding)



Phone

0113 376 0330



SignLive Directory

Select LCC Covid19



Text Number

07480632471

- عليك العمل من المنزل إن أمكن.
- إذا لم يكن في وسعك العمل من المنزل، فلا ينبغي لك أن تحضر العمل. يمكن استخدام خطاب الحماية كدليل لصاحب العمل.



العمل

- نصح الأطفال المعرضون للخطر سريريًا بعدم الذهاب إلى المدرسة - حتى لو كانوا أطفالاً لموظفين مفتاحيين أو معرضين للخطر.
- يجب على الأطفال الذين يعيشون مع شخص معرض للخطر الشديد سريريًا والذين يذهبون إلى المدرسة في هذا الوقت توخي مزيد من العناية بغسل أيديهم والحفاظ على مسافة حيثما أمكن.



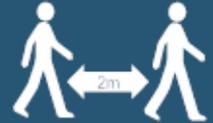
المدرسة

- لا تذهب إلى المحلات التجارية أو الصيدلية شخصيًا خلال هذا الوقت.
- استخدم التسوق عبر الإنترنت - بما في ذلك التسجيل للحصول على أولوية التسليم عبر الإنترنت ؛ أو اطلب من العائلة أو الأصدقاء التسوق لك أو اطلب المساعدة من المتطوعين.
- اطلب من العائلة أو الأصدقاء جمع الوصفات الطبية أو التحقق من الصيدلية الخاصة بك إذا كانوا يقومون بالتوصيل. اطلب المساعدة من المتطوعين إذا لزم الأمر.



المحلات التجارية والصيدليات

- بشكل عام ، يُنصح بالبقاء في المنزل قدر الإمكان - يمكنك ممارسة الرياضة أو المشي في الهواء الطلق كل يوم للبقاء بصحة جيدة.
- احرص على تهوية منزلك جيدًا.
- حافظ على مسافة ٢ متر من الأشخاص الذين تعيش معهم إذا كانوا يغادرون المنزل للعمل أو يستخدمون وسائل النقل العام.



التواصل الاجتماعي

- نصح بعدم السفر إلا في حالة الضرورة وتجنب وسائل النقل العام.



السفر

- يجب أن تستمر في الحصول على الرعاية والدعم الذي تحتاجه - وهذا يشمل أي مستشفى أو موعد رعاية تذهب إليه عادة.



الرعاية والدعم



رقم الرسائل النصية  
07480632471



دليل ساين لايف  
حدّد إل سي سي كوفيد-19



هاتف  
0330 376 0113



عبر الإنترنت  
leeds.gov.uk/shielding

إذا كنت بحاجة إلى  
مساعدة، فاتصل بنا:

# লকডাউনের সময় শিল্ডিং করা:

যারা ডাক্তারি মতে মারাত্মক ঝুঁকিপূর্ণ তাদের জন্য পরামর্শের সারাংশ



## Advice on Shielding in: BENGALI



কাজ

- সম্ভব হলে ঘর থেকে কাজ করুন।
- যদি ঘর থেকে কাজ করা সম্ভব না হয়, তাহলে কাজে যাবেন না। আপনাকে যে শিল্ডিং লেটার পাঠানো হবে সেটি আপনার নিয়োগকর্তাকে প্রমাণ হিসাবে দেখাতে পারবেন।



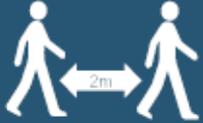
স্কুল

- যেসব বাচ্চা ডাক্তারী মতে মারাত্মক ঝুঁকিপূর্ণ তাদেরকে স্কুলে না যাওয়ার পরামর্শ দেওয়া হচ্ছে - এমন কি তারা যদি কী ওয়ার্কারদের বা ঝুঁকিপূর্ণ লোকদের সন্তানও হয়।
- যেসব বাচ্চা এমন কারোর সঙ্গে বাস করে যিনি ডাক্তারী মতে মারাত্মক ঝুঁকিপূর্ণ, তারা যদি এ সময়ে স্কুলে যায় তাহলে বাড়তি সতর্কতা হিসাবে তারা যেন নিয়মিত হাত ধুয়ে নেয় এবং যথা সম্ভব ক্ষেত্রে দূরত্ব বজায় রাখে।



দোকান ও ফার্মেসি

- এই সময়ে দোকানে বা ফার্মেসিতে যাবেন না।
- গ্রায়রিটি অনলাইন ডেলিভারি সহ অনলাইন শপিং ব্যবহার করবেন। পরিবার পরিজন বা বন্ধুদের অনুরোধ করুন আপনাকে বাজারহাট করে দিতে অথবা ভলান্টিয়ারদের সাহায্য নিন।
- পরিবার পরিজন বা বন্ধুদের অনুরোধ করুন আপনার প্রেসক্রিপশন সংগ্রহ করে ওষুধ এনে দিতে অথবা আপনার ফার্মেসিকে জিজ্ঞাসা করে জেনে নিন তারা ডেলিভারি দেন কি না। দরকার হলে ভলান্টিয়ারদের সাহায্য নিন।



সামাজিক মিলামিশা

- যতটুকু সম্ভব ঘরে থাকার জন্য আপনাকে অনুরোধ করা হচ্ছে - তবে ব্যায়াম করা বা হাঁটার জন্য বাইরে যেতে পারবেন।
- আপনার ঘরে বিশুদ্ধ বায়ু প্রবেশ করতে দেবেন।
- যদি আপনার ঘরের কেউ কাজে যান বা পাবলিক ট্রান্সপোর্ট ব্যবহার করেন, তাহলে তার থেকে 2 মিটার দূরত্ব বজায় রাখুন।



ভ্রমণ

- অত্যাবশ্যক না হলে ভ্রমণ না করার পরামর্শ আপনাকে দেওয়া হচ্ছে, যাতে পাবলিক ট্রান্সপোর্ট ব্যবহার করতে না হয়।



সেবায়ত্ত্ব এবং সহায়তা

- আপনার প্রয়োজনীয় সেবায়ত্ত্ব ও সহায়তা ব্যবহার করে যেতে থাকবেন - আপনি সাধারণত হাসপাতালের বা স্বাস্থ্যসেবার যে এপয়েন্টমেন্টে যান সেগুলোতে যাওয়া সহ।

আপনার সাহায্যের  
দরকার হলে, আমাদের  
সঙ্গে যোগাযোগ করুন:



অনলাইন

[leeds.gov.uk/shielding](https://leeds.gov.uk/shielding)



ফোন

0113 376 0330



সাইনলাইভ ডাইবেস্টরি

LCC Covid19 সিলেক্ট করুন



টেকস্ট নাম্বার

07480632471

# JAK SE CHRÁNIT BĚHEM LOCKDOWNU:

Shrnutí doporučení pro osoby, které jsou klinicky extrémně zranitelné.



Advice on Shielding in: CZECH



PRÁCE

- Pokud můžete, pracujte z domova.
- Pokud nemůžete pracovat z domova, neměli byste chodit do práce. Dopis týkající se toho, jak se chránit, můžete použít jako doklad pro vašeho zaměstnavatele.



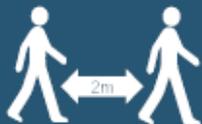
ŠKOLA

- Klinicky extrémně zranitelným dětem doporučujeme, aby nenavštěvovaly školu, i kdyby to byly děti klíčových pracovníků nebo zranitelných osob.
- Děti, které žijí s někým, kdo je klinicky extrémně zranitelný a které v současnosti chodí do školy, by měly být mimořádně opatrné, umývat si ruce a udržovat si odstup, kdykoli to je možné.



OBCHODY A LÉKÁRNY

- Nechodte v současnosti do obchodů ani do lékárny.
- Využívejte nakupování přes internet – můžete se zaregistrovat pro prioritní online doručení; požádejte rodinu nebo přátele, aby vám nakoupili nebo požádejte o pomoc dobrovolníky.
- Požádejte rodinu nebo přátele, aby vám vyzvedli recepty nebo aby v lékárně ověřili, zda zajišťují doručení. V případě potřeby požádejte o pomoc dobrovolníky.



SPOLEČENSKÝ ŽIVOT

- Obecně řečeno doporučujeme, abyste co nejvíce zůstávali doma, ale abyste každý den cvičili nebo chodili ven na procházky, abyste tak zůstali zdraví.
- Dejte si záležet na tom, abyste doma dobře větrali.
- Pokud ostatní osoby, se kterými bydlíte, odchází z domu do práce nebo používají veřejnou dopravu, udržujte si od nich odstup 2 m.



CESTOVÁNÍ

- Doporučujeme vám, abyste cestovali pouze v naléhavých případech a abyste se vyhnuli veřejné dopravě.



PÉČE A PODPORA

- Nadále byste měli využívat péči a podporu, kterou potřebujete, což zahrnuje návštěvy v nemocnici nebo návštěvy za účelem péče, na které běžně chodíte.

**Pokud potřebujete pomoc, kontaktujte nás:**



Online

[leeds.gov.uk/shielding](https://leeds.gov.uk/shielding)



Telefon

0113 376 0330



Adresář SignLive

Select LCC Covid19



Číslo pro SMS

07480632471

• اگر می توانید از خانه کار کنید.

• اگر نمی توانید از خانه کار کنید، پس نباید بر سر کار بروید. نامه مخصوص حفاظت شما می تواند به عنوان مدرکی برای کارفرمای شما استفاده شود.



کار

• به کودکان که از نظر سلامتی بسیار آسیب پذیر هستند توصیه می شود که به مدرسه نروند - حتی اگر آنها کودکان کارکنان کلیدی یا آسیب پذیر باشند.

• کودکانی که با شخصی زندگی می کنند که از نظر سلامتی بسیار آسیب پذیر است و در این دوران به مدرسه می روند، باید بیشتر مراقب باشند تا دست های خود را بشویند و فاصله را تا جایی که ممکن است حفظ کنند.



مدرسه

• در این مدت شخصا به مغازه ها یا داروخانه ها مراجعه نکنید.

• از خرید آنلاین استفاده کنید - از جمله ثبت نام برای اولویت تحویل آنلاین. از خانواده یا دوستان بخواهید که برای شما خرید کنند یا از داوطلبان کمک بخواهند.

• از خانواده یا دوستان بخواهید نسخه های شما را تهیه کنند یا از داروخانه بپرسند آیا داروی شما را تحویل می دهند. در صورت نیاز از داوطلبان کمک بخواهید.



فروشگاه ها و داروخانه

• به طور کلی، به شما توصیه می شود تا حد امکان در خانه بمانید - اما برای سالم ماندن هر روز باید ورزش کرده یا در فضای باز پیاده روی کنید. مراقب باشید خانه خود را به خوبی تهویه کنید.

• اگر افرادی که با آنها زندگی می کنید، از خانه برای کار خارج شده یا از وسایل حمل و نقل عمومی استفاده می کنند، از آنها فاصله ۲ متر را حفظ کنید.



روابط اجتماعی

• به شما توصیه می شود که به جز در مواقع ضروری سفر نکرده و از استفاده از وسایل حمل و نقل عمومی خودداری کنید.



مسافرت رفتن

• شما باید همچنان به مراقبت و یاری های مورد نیاز خود دسترسی داشته باشید - این شامل هر وقت بیمارستان یا وقت پزشکی است که معمولا به آن می روید.



مراقبت و یاری



شماره پیامک

07480632471



SignLive Directory

Select LCC Covid19



تلفن

0330 376 0113



آنلاین

leeds.gov.uk/shielding

اگر به کمک نیاز دارید،  
با ما تماس بگیرید:

- لهمانهوه کاربکه گهر دهتوانیت.
- گهر ناتوانیت له مانهوه کاربکهیت نهوا دهبیت نهچیته سهراکار. نامهێ پارێزگاریکردنهکته دهکریت وهک بهنگه بۆ خاوهنکارهکته بهکاربهئێریت.
- نهو مندالاتهێ لهروی تهنډروستیهوه لهرادهبهدهر بێهرگرین نامۆزگاری دهکرین که نامادهی قوتابخانه نهبن. تهناهت نهگهر مندانی کارمهندانی سهراکهیین یاخود کهسانی لهرادهبهدهر بێهرگرین له روی تهنډروستیهوه.
- نهومندالاتهێ که لهگهڵ کهساتیک دهژین که لهروی تهنډروستیهوه لهرادهبهدهر بێهرگرین و نامادهی قوتابخانه دهبن لهم کاتهدا دهبیت زیاتر وریابن بۆ دهست شوشتن و دووری رابگرن لهسهراکونیهک بگونجیت.
- لهم کاتهدا خقت مهچق بۆ دوکان و دهرمانخانهکان.
- بازارکردنی نۆنلاین بهکاربهئنه – خقت ناووسبکه بۆ گهیاندن نۆنلاینی پێشینه (برایقیرتی دیلیقیری)؛ داوا له خزمیک یاخود هاوڕیهک بکه بازارت بۆ بکات یاخو داوای یارمهتی له خۆبهخشهکان بکه.
- داوا له خزم یاخود هاوڕیهک بکه که دهرمانهکانت بۆ وهرگریت یاخود برسار له دهرمانخانهکته بکه بۆ خزمهتگوزاری گهیاندن. داوای یارمهتی له خۆبهخشهکان بکه گهر پێویستیکرد.
- بهگشتی، نامۆزگاری دهکریت که چهند بکریت لهمانهبتیت – جگه له نهجامدانی وهرزش یاخود پیاسهکردنی رۆژانه له دهرهوه تاوهکو تهنډروست بهئیت.
- ههولێده بهباشی ههواگۆرکی مالهکته رابگریت.
- دووری 2 مهتر رابگره لهنتوان نهوکهساتهێ لهگهنت دهژین نهگهر نهوان مأل بهجندههێن بۆ کار یاخود نامرازهکاتی گواستهوهی گشتی بهکاردههینن.
- نامۆزگاری دهکریت گهشت نهکتهیت مهگهر پێویست بکات و خقت بهدوور بگره له نامرازهکاتی گواستهوهی گشتی.
- پێویسته بهردهوامبیت لهبهکارهێنانی نهو چاودیزی و یارمهتیانهێ پێویسته – نهمه خهستهخانه و وادهی چاودیزیش دهگرتیهوه که لهکاتی ناسایدا دهجیت بۆی.



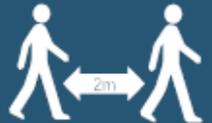
کارکردن



قوتابخانه (خوێندنگه)



دوکان و دهرمانخانهکان



بهیوهندی کۆمهلایهتی



گهشتکردن



چاودیزی و یارمهتی



ژمارهێ نامه

07480632471



فهرهاتگی ساین لایف

LCC Covid19 ههلبێژیه



تلهفون

0330 376 0113



نۆنلاین

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نهگهر یارمهتیت پێویسته،

پهوهنديمان پێوهبکه بهم

شێوازانهی خوارهوه:

# SAUGOJIMASIS KARANTINO METU:

Patarimų santrauka itin kliniškai pažeidžiamiems žmonėms.



Advice on Shielding in:

LITHUANIAN



## DARBAS

- Dirbkite iš namų, jei galite.
- Jeigu negalite dirbti iš namų, neturėtumėte dirbti. Jūsų saugojimosi laiškas gali būti naudojamas kaip įrodymas darbdaviui.



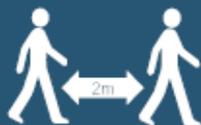
## MOKYKLA

- Itin kliniškai pažeidžiami vaikai neturėtų lankyti mokyklos – net tuo atveju, jei jų tėvai yra pagrindiniai darbuotojai, ar jie priskiriami pažeidžiamų vaikų grupei.
- Vaikai, gyvenantys su itin kliniškai pažeidžiamu asmeniu, ir lankantys mokyklą šiuo metu, turėtų itin kruopščiai plautis rankas ir visada išlaikyti atstumą.



## PARDUOTUVĖS IR VAISTINĖS

- Neikite į parduotuves ar vaistinę šiuo laikotarpiu.
- Naudokitės internetinėmis parduotuvėmis – užsisakykite prioritetinio pristatymo paslaugą; paprašykite, kad už jus apsipirktų šeimos nariai ar draugai arba kreipkitės pagalbos į savanorius.
- Paprašykite, kad vaistus paimtų jūsų šeimos nariai ar draugai arba pasiteiraukite savo vaistinės, galbūt jie pristato vaistus į namus. Kreipkitės pagalbos į savanorius, jei reikia.



## SOCIALINIS GYVENIMAS

- Apskritai, jums rekomenduojama kiek galima ilgiau likti namie – tačiau kasdien mankštintis arba eiti pasivaikščioti į lauką sveikatos sumetimais.
- Gerai išvėdinkite gyvenamas patalpas.
- Išlaikykite 2 metrų atstumą nuo namiškių, jeigu jie dirba ne iš namų arba naudojasi viešuoju transportu.



## KELIONĖS

- Jums patariama nekeliauti, nebent tai būtų neišvengiama ir vengti viešojo transporto.



## PRIEŽIŪRA IR PARAMA

- Turėtumėte naudotis priežiūra ir parama, kurios jums reikia – įskaitant apsilankymus ligoninėje ar priežiūros susitikimus į kuriuos paprastai vyktumėte.

Jeigu reikia  
pagalbos,  
kreipkitės į mus:



Internetu

[leeds.gov.uk/shielding](https://leeds.gov.uk/shielding)



Telefonu

0113 376 0330



SignLive katalogas

Pasirinkite LCC Covid19



Tekstinis numeris

07480632471

# ਲਾੱਕਡਾਊਨ ਦੌਰਾਨ ਸੁਰੱਖਿਆ-ਕਵੱਚ: ਉਨ੍ਹਾਂ ਲੋਕਾਂ ਲਈ ਸਲਾਹ ਦਾ ਸਾਰ ਜੋ ਕਲਿਨੀਕਲ ਤੌਰ ਤੇ ਬੇਹਦ ਕਮਜ਼ੋਰ ਹਨ



ਕੰਮ

- ਜੇ ਤੁਸੀਂ ਕਰ ਸਕਦੇ ਹੋ ਤਾਂ ਘਰੋਂ ਕੰਮ ਕਰੋ।
- ਜੇ ਤੁਸੀਂ ਘਰ ਤੋਂ ਕੰਮ ਨਹੀਂ ਕਰ ਸਕਦੇ, ਤਾਂ ਫੇਰ ਤੁਹਾਨੂੰ ਕੰਮ 'ਤੇ ਨਹੀਂ ਜਾਣਾ ਚਾਹੀਦਾ। ਤੁਹਾਡੀ ਸੁਰੱਖਿਆ-ਕਵੱਚ ਵਾਲੀ ਚਿੱਠੀ ਤੁਹਾਡੇ ਮਾਲਕ ਲਈ ਸਬੂਤ ਵੱਜੋਂ ਵਰਤੀ ਜਾ ਸਕਦੀ ਹੈ।



ਸਕੂਲ

- ਕਲਿਨੀਕਲ ਤੌਰ 'ਤੇ ਬੇਹਦ ਕਮਜ਼ੋਰ ਬੱਚਿਆਂ ਨੂੰ ਸਕੂਲ ਨਾ ਆਉਣ ਦੀ ਸਲਾਹ ਦਿੱਤੀ ਜਾਂਦੀ ਹੈ - ਭਾਵੇਂ ਉਹ ਮੁੱਖ ਕਰਮਚਾਰੀਆਂ ਜਾਂ ਕਮਜ਼ੋਰ ਵਿਅਕਤੀਆਂ ਦੇ ਬੱਚੇ ਹਨ।
- ਜਿਹੜੇ ਬੱਚੇ ਕਲਿਨੀਕਲ ਤੌਰ 'ਤੇ ਬਹੁਤ ਕਮਜ਼ੋਰ ਵਿਅਕਤੀਆਂ ਨਾਲ ਰਹਿੰਦੇ ਹਨ ਅਤੇ ਜੇ ਇਸ ਸਮੇਂ ਸਕੂਲ ਜਾ ਰਹੇ ਹਨ ਉਨ੍ਹਾਂ ਨੂੰ ਆਪਣੇ ਹੱਥ ਧੋਣ ਲਈ ਵਧੀਕ ਧਿਆਨ ਰੱਖਣਾ ਚਾਹੀਦਾ ਹੈ ਅਤੇ ਜਿੱਥੇ ਕਿਧਰੇ ਸੰਭਵ ਹੁੰਦਾ ਹੈ ਦੂਰੀ ਬਣਾ ਕੇ ਰੱਖਣੀ ਚਾਹੀਦੀ ਹੈ।



ਦੁਕਾਨਾਂ ਅਤੇ ਫਾਰਮੇਸੀ

- ਇਸ ਸਮੇਂ ਦੌਰਾਨ ਦੁਕਾਨਾਂ ਜਾਂ ਫਾਰਮੇਸੀ ਵਿੱਚ ਵਿਅਕਤੀਗਤ ਰੂਪ ਵਿੱਚ ਨਾ ਜਾਓ।
- ਆਨਲਾਈਨ ਖ਼ਰੀਦਦਾਰੀ ਦੀ ਵਰਤੋਂ ਕਰੋ - ਜਿਸ ਵਿੱਚ ਤਰਜੀਹੀ ਆਨਲਾਈਨ ਪ੍ਰਦਾਨਗੀ ਲਈ ਨਾਮ ਦਰਜ ਕਰਵਾਉਣਾ; ਪਰਿਵਾਰ ਜਾਂ ਦੇਸਤਾਂ ਨੂੰ ਤੁਹਾਡੇ ਲਈ ਖ਼ਰੀਦਦਾਰੀ ਕਰਨ ਲਈ ਕਹਿਣਾ ਜਾਂ ਸਵੈ-ਸੇਵੀਆਂ ਨੂੰ ਸਹਾਇਤਾ ਲਈ ਕਹਿਣਾ ਸ਼ਾਮਲ ਹੈ।
- ਪ੍ਰਿਸਕਰਿਪਸ਼ਨਾਂ (ਦਵਾਈਆਂ) ਲੈਣ ਲਈ ਪਰਿਵਾਰ ਜਾਂ ਦੇਸਤਾਂ ਨੂੰ ਕਰੋ ਜਾਂ ਆਪਣੀ ਫਾਰਮੇਸੀ ਤੋਂ ਪਤਾ ਲਗਾਓ ਕੀ ਕੀ ਉਹ ਇਨ੍ਹਾਂ ਨੂੰ ਪਹੁੰਚਾ ਰਹੇ ਹਨ। ਲੋੜ ਪੈਣ 'ਤੇ ਸਵੈ-ਸੇਵੀਆਂ ਨੂੰ ਸਹਾਇਤਾ ਲਈ ਕਰੋ।



ਸਮਾਜਿਕ ਮੇਲਜੋਲ

- ਆਮ ਤੌਰ 'ਤੇ ਤੁਹਾਨੂੰ ਜਿੰਨਾ ਵੱਧ ਤੋਂ ਵੱਧ ਹੋ ਸਕੇ ਘਰ ਰਹਿਣ ਦੀ ਸਲਾਹ ਦਿੱਤੀ ਜਾਂਦੀ ਹੈ - ਪਰ ਸਿਹਤਮੰਦ ਰਹਿਣ ਲਈ ਹਰ ਰੋਜ਼ ਕਸਰਤ ਕਰੋ ਜਾਂ ਸੈਰ ਲਈ ਜਾਓ।
- ਆਪਣੇ ਘਰ ਨੂੰ ਚੰਗੀ ਤਰ੍ਹਾਂ ਹਵਾਦਾਰ ਰੱਖਣ ਲਈ ਧਿਆਨ ਰੱਖੋ।
- ਉਸ ਸੂਰਤ ਵਿੱਚ ਆਪਣੇ ਨਾਲ ਰਹਿੰਦੇ ਲੋਕਾਂ ਤੋਂ 2 ਮੀਟਰ ਦੂਰੀ ਬਣਾਈ ਰੱਖੋ ਜੇ ਉਹ ਕੰਮ ਲਈ ਘਰ ਤੋਂ ਬਾਹਰ ਜਾਂਦੇ ਹਨ ਜਾਂ ਜਨਤਕ ਟ੍ਰਾਂਸਪੋਰਟ ਦੀ ਵਰਤੋਂ ਕਰਦੇ ਹਨ।



ਸਫਰ

- ਤੁਹਾਨੂੰ ਬਹੁਤ ਜ਼ਰੂਰੀ ਹੋਣ ਤੋਂ ਛੁੱਟ ਸਫਰ ਨਾ ਕਰਨ ਅਤੇ ਜਨਤਕ ਟ੍ਰਾਂਸਪੋਰਟ ਤੋਂ ਬਚਾਅ ਕਰਨ ਦੀ ਸਲਾਹ ਦਿੱਤੀ ਜਾਂਦੀ ਹੈ।



ਦੇਖਭਾਲ ਅਤੇ ਸਹਾਇਤਾ

- ਤੁਹਾਨੂੰ ਆਪਣੀ ਲੋੜੀਂਦੀ ਦੇਖਭਾਲ ਅਤੇ ਸਹਾਇਤਾ ਤੱਕ ਪਹੁੰਚ ਜਾਰੀ ਰੱਖਣੀ ਚਾਹੀਦੀ ਹੈ। ਇਸ ਵਿੱਚ ਕੋਈ ਵੀ ਹਸਪਤਾਲ ਜਾਂ ਦੇਖਭਾਲ ਅਪੋਇੰਟਮੈਂਟ ਸ਼ਾਮਲ ਹੈ ਜਿਸ ਲਈ ਤੁਸੀਂ ਆਮ ਤੌਰ 'ਤੇ ਜਾਓਗੇ।

ਜੇ ਤੁਹਾਨੂੰ ਮਦਦ ਦੀ ਲੋੜ ਹੈ,  
ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ:



ਆਨਲਾਈਨ

[leeds.gov.uk/shielding](https://leeds.gov.uk/shielding)



ਫ਼ੋਨ

0113 376 0330



ਸਾਈਨਲਾਈਵ ਡਾਇਰੈਕਟਰੀ  
ਐੱਲਸੀਸੀ ਕੋਵਿਡ 19 ਦੀ ਚੋਣ ਕਰੋ



ਟੈਕਸਟ ਨੰਬਰ

07480632471

## Advice on Shielding in: PASHTO

# د تو لېنډ يز په وخت ځان ساتنه : د هغه خلکو لپاره د مشورې لنډيز کوم چه په کلينيکي لحاظ د زيان رسيدو ډير خطر لري

- که تاسو کولی شي نو د کور څخه کار وکړي.
- خو که تاسو د کور څخه کار نشي کولی ، نو تاسو بايد کار ته حاضر نه شئ. ستاسو د خوندي کولو ليک ستاسو د کار گمارونکي لپاره د ثبوت په توگه کارول کيدی شي.
- په کلينيکي لحاظ زيان منونکي ماشومانو ته مشوره ورکول کيدی چې بشوونځي ته لاړ نشي - حتی که دوی د کلیدي کارگران ماشومان وي يا ماشومان چې د داسې چا سره ژوند کوي څوک چه په کلينيکي لحاظ ډير زيان منونکی دی او په دې وخت کېنې بشوونځي ته تگ کوی، بايد اضافي پاملرنه وکړي ترڅو خپل لاسونه ومينځي او هر ځای کې چې امکان وي فاصله وساتي.
- د دې وخت په جريان کېنې پخپله دوکانونو يا درملتون ته مه ځي.
- آن لاین شاپنگ څخه استفاده کوی- په شمول د لومړيتوب آن لاین تحويل لپاره لاسليک کول- له کورنۍ يا ملگرو څخه غوښتنه وکړی چه تاسو لپاره سودا راوړي يا د خدانی خدمت گارو (رضارانو) څخه مرسته وغواړی.
- له کورنۍ يا ملگرو څخه وغواړی چې نسخي راتول کړي يا تاسو خپل درملتون سره وگوري که دوی دغه خدمت وړاندې کوي. که اړتيا ولری نو د خدانی خدمت گارو (رضارانو) څخه مرسته وغواړی.
- په عمومي توگه، تاسو ته مشوره درکول کيدی چه هر څومره امکان ولری په کور کېنې پاتې شئ - مگر د خپل څه صحت په خاطر باهر ته د واک يا ورزش لپاره هره ورځ تگ کوی شي.
- خپل کور هوادار ساتلو ته پام وکړی.
- له هغه خلکو سره چې تاسو ژوند کوی بايد 2 ميتر فاصله وساتي که چيرې دوی د کار لپاره کور پرېږدي يا عامه ترانسپورت کاروي.
- تاسو ته مشوره درکول کيدی چه سفر مه کوی تر هغه چه اړين نه وي او د عامه ترانسپورت څخه ډډه کوی.
- تاسو بايد پاملرنې او ملاتړ لاسرسی ته دوام ورکړی که چيرې اړتيا ورته لری - په دې کېنې د روغتون يا پاملرنې ناستې شاملې دی کوم ته چه تاسو په معمولاً توگه ځي.



کار



بشوونځی



دوکانونو او دواځاني ته تگ



تگ راتگ



سفر



پاملرنه او ملاتړ



تکست شميره

07480632471



د لاسليک لارښود

د LCC کووید 19 غوره کړی



تلیفون شميره

0330 376 0113



آن لاین

leeds.gov.uk/shielding

که تاسو مرستې ته  
اړتيا لری، نو مونږ  
سره اړیکه ونیسی:

# IZOLOWANIE SIĘ PODCZAS LOCKDOWNU:

Podsumowanie porad dla osób, które z medycznego punktu widzenia są najbardziej narażone na zachorowanie.



## Advice on Shielding in: POLISH



### PRACA

- Jeśli możesz, pracuj z domu.
- Jeśli nie możesz pracować z domu, nie przychodź do pracy. Możesz okazać pracodawcy list z zaleceniem izolowania (shielding letter).



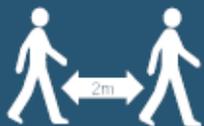
### SZKOŁA

- Dzieciom, które z medycznego punktu widzenia są szczególnie narażone, nie zaleca się uczęszczania do szkoły, nawet jeśli są dziećmi kluczowych pracowników lub są w trudnej sytuacji.
- Dzieci, które mieszkają z kimś, kto z medycznego punktu widzenia jest szczególnie narażony i które w tym czasie chodzą do szkoły, powinny zachować szczególną ostrożność, oraz myć ręce i zachowywać dystans, jeśli tylko jest to możliwe.



### SKLEPY I APTEKI

- Obecnie nie rób zakupów w sklepach ani aptekach.
- Korzystaj z zakupów internetowych, także zapisując się on-line na priorytetowe dostawy; poproś rodzinę lub znajomych, aby zrobili dla Ciebie zakupy lub poproś o pomoc wolontariuszy.
- Poproś rodzinę lub przyjaciół o realizację recept lub sprawdź czy apteka dostarczy Ci lekarstwa. W razie potrzeby zwróć się o pomoc do wolontariuszy.



### KONTAKTY SPOŁECZNE

- Zaleca się pozostawanie w domu tak długo, jak to tylko możliwe - z wyjątkiem codziennych ćwiczeń lub spacerów na świeżym powietrzu w celu zachowania zdrowia.
- Zadbaj o odpowiednie wietrzenie swojego domu.
- Zachowaj 2-metrową odległość od osób, z którymi mieszkasz, jeśli wychodzą z domu do pracy lub korzystają z transportu publicznego.



### PODRÓŻOWANIE

- Zaleca się, aby nie podróżować bez pilnej potrzeby i unikać korzystania z transportu publicznego.



### OPIEKA I WSPARCIE

- Nadal możesz korzystać z potrzebnej opieki i wsparcia - dotyczy to także opieki szpitalnej lub wizyt u lekarza, z których normalnie byś korzystał.

Jeśli potrzebujesz pomocy, kontaktuj się z nami:



Internetowo:

[leeds.gov.uk/shielding](https://leeds.gov.uk/shielding)



Telefonicznie:

0113 376 0330



Usługa SignLive:

Wybierz LCC Covid19



Numer do kontaktu sms:

07480632471

# PROTEJAREA PE PERIOADA CARANTINEI:

Rezumat al sfaturilor pentru persoanele care sunt extrem de vulnerabile din punct de vedere clinic.



## Advice on Shielding in: ROMANIAN



### SERVICIU

- Lucrați de acasă dacă puteți.
- Dacă nu puteți lucra de acasă, atunci nu ar trebui să mergeți la serviciu. Scrisoarea dumneavoastră de Persoană protejată poate fi folosită drept dovadă pentru angajatorul dumneavoastră.



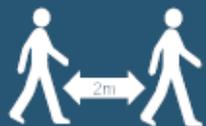
### ȘCOALĂ

- Copiii extrem de vulnerabili din punct de vedere clinic sunt sfătuiți să nu se prezinte la școală- chiar dacă sunt copiii angajaților-cheie ori ai persoanelor vulnerabile.
- Copiii care locuiesc cu cineva care este extrem de vulnerabil din punct de vedere clinic și care merg la școală în această perioadă ar trebui să ia măsuri suplimentare de îngrijire și atenție, să se spele pe mâini și să păstreze distanțarea socială pe cât este posibil.



### MAGAZINE & FARMACIE

- Nu mergeți la magazine ori farmacie personal în această perioadă.
- Folosiți facilitățile de cumpărături on line pentru livrare cu prioritate; rugați familia sau prietenii să meargă la cumpărături pentru dumneavoastră ori cereți asistența voluntarilor.
- Rugați familia ori prietenii să vă ridice rețetele medicale ori să verifice dacă farmacia dumneavoastră livrează. Cereți asistența voluntarilor dacă este nevoie.



### SOCIALIZAREA

- În general, sunteți sfătuiți să stați acasă cât puteți de mult – dar să faceți mișcare sau plimbări în aer liber în fiecare zi pentru a vă menține sănătoși.
- Aveți grijă să vă mențineți casa bine ventilată.
- Păstrați distanța de 2m de oamenii care locuiesc cu dvs. dacă ei pleacă de acasă la serviciu sau dacă folosesc transportul public.



### CĂLĂTORITUL

- Sunteți sfătuiți să nu călătoriți dacă nu este esențial și să evitați transportul în comun.



### ÎNGRIJIRE & SUSȚINERE

- Ar trebuie să continuați să accesați îngrijirea și susținerea de care aveți nevoie – acest lucru include orice programare la spital sau în scopul îngrijirii la care v-ați duce în mod normal.

**Contactați-ne  
dacă aveți nevoie  
de ajutor:**



Online

[leeds.gov.uk/shielding](https://leeds.gov.uk/shielding)



Telefon

0113 376 0330



SignLive Directory

Select LCC Covid19



Număr SMS

07480632471

# AKO SA CHRÁNIŤ POČAS LOCKDOWNU:

## Súhrn rád pre ľudí, ktorí sú klinicky veľmi zraniteľní.



### Advice on Shielding in: **SLOVAK**



#### PRÁCA

- Ak môžete, pracujte z domu.
- Ak nemôžete pracovať z domu, potom by ste nemali chodiť do práce. Váš list, kde sa píše, že by ste sa mali chrániť, môžete použiť ako potvrdenie pre vášho zamestnávateľa.



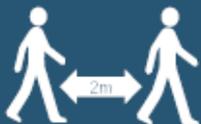
#### ŠKOLA

- Klinicky veľmi zraniteľné deti by nemali chodiť do školy – aj keď sú deťmi kľúčových pracovníkov alebo zraniteľných ľudí.
- Deti, ktoré bývajú s niekým, kto je veľmi zraniteľný a zároveň chodia do školy, by si mali zvlášť dať záležať na tom, aby si dôkladne umývali ruky a udržiavali odstup tam, kde je to možné.



#### OBCHODY A LEKÁREŇ

- V tomto čase osobne nechodte do obchodov a lekární.
- Nakupujte online – vrátane objednania prioritných online nákupov; požiadajte rodinu a priateľov, aby vám robili nákupy alebo požiadajte o pomoc dobrovoľníkov.
- Požiadajte rodinu alebo priateľov, aby vám vyzdvihli lieky alebo si vo svojej lekární zistite, či robia donášku domov. Požiadajte o pomoc dobrovoľníkov, ak ju potrebujete.



#### STRETÁVANIE SA S INÝMI

- Vo všeobecnosti máte byť doma čo najviac – ale odporúčame cvičiť vonku alebo chodiť na prechádzky každý deň, aby ste boli zdravý.
- Postarajte sa o to, aby váš dom bol dobre vetraný.
- Udržujte si 2-metrový odstup od ľudí, s ktorými bývate, ak chodia do práce alebo používajú verejnú dopravu.



#### CESTOVANIE

- Odporúča sa necestovať, pokiaľ to nie je nevyhnutné a vyhýbať sa verejnej doprave.



#### STAROSTLIVOSŤ A PODPORA

- Mali by ste i naďalej využívať starostlivosť a podporu, ktorú potrebujete - to sa týka akejkoľvek starostlivosti alebo vyšetrení v nemocnici, na ktoré by ste za bežných okolností išli.

**Ak potrebujete pomoc, kontaktujte nás:**



Online

[leeds.gov.uk/shielding](https://leeds.gov.uk/shielding)



Telefonicky

0113 376 0330



Znaková linka pre nepočujúcich  
Vyberte LCC Covid19



SMS telefónne číslo  
07480632471

# ከውሊ/ስትረት ኣብ እዋን ዕጽዋ/ርገጣ፤ ምኽሪ ነቶም ልዑል ጥዕናዊ ተነቓፍነት ዘለዎም ሰባት።



## Advice on Shielding in: TIGRINYA



ስራሕ

- እንተኸኢልኩም ኣብ ገዛ ኔንኩም ስርሑ።
- ኣብ ገዛ ኔንኩም ክትሰርሑ ዘይከኣል እንተኹነ ግን ናብ ቦታ ስራሕ ድማ ክትከዱ ኣይግባእን እዩ። እቲ ተዓጂቡ/ተሰተሩ ዝብል ተዋሂቡኩም ዘሎ ደብዳቤ፡ ከም መርትዖ ንኣስራሒኹም ከተርእዩዎ ትኸእሉ ኢኹም።



ቤት-ትምህርቲ

- ልዑል ጥዕናዊ ተነቓፍነት ዘለዎም ቆልዑ፡ ዋላውን ውሉዳት ናይ ኣድላይቲ ሰራሕተኛታት (key workers) ወይ ክእ ናይ ተነቓፍቲ ሰባት እንተኹኑ፡ ናብ ቤ-ትምህርቲ ንኸይከዱ ይምከሩ ኣለዉ።
- ምስ ልዑል ጥዕናዊ ተነቓፍነት ዘለዎም ሰባት ዝነበሩ ቆልዑ፡ እሞ ድማ ኣብ'ዚ እዋን'ዚ ንትምህርቲ ይኸዱ እንተሃልዩም ብዝተሻለለ መጠን የእዳዎም ንኸሕጸቡን ምርሕሓቕ ንኸዘውትሩን ዝያዳ ግዳስ ክገብሩ ይግባእ።



ድኳናትን ቤት-መድሃኒትን (PHARMACY)

- ኣብ'ዚ እዋን'ዚ ናብ ድኳናት ወይ ቤት-መድሃኒት ብኣካል ኣይትኺዱ።
- ኢንተርኒታዊ (online) ሸመታ ተጠቓሙ፡ ኢንተርኒታዊ ሸመታኹም ኣብ ምስርካብ ምእንቲ ቅድሚያ ክገበረልኩምውን ተመዝገቡ (sign up) ኢኹም። ቤተ-ሰብኩም ወይ የዕሩኽትኹምውን ሸመታ ንኸገብሩልኩም ሕተቱዎም፡ ወይ ክእ ናይ ወለንተኛታት (volunteers) ደገፊታ ሕተቱ።
- ቤተ-ሰብኩም ወይ የዕሩኽትኹም መኣዘዚ መድሃኒታት (prescriptions) ንኸምጽኡልኩም ወይ ክእ እቶም ቤት-መድሃኒት/ፋርማሲ ባዕሉም ዘስተልሙኹም እንተኹይኖም ንኸጸርዩልኩም ሕተቱዎም። ኣድላይ እንተኹይኑ ክእ ናይ ወለንተኛታት ደገፊታ ሕተቱ።



ማሕበራውነት/ምትሕውዋስ

- ብዝተሻለለ መጠን፡ ኣብ ገዛኹም ክትጸንሑ/ክትዕቀሉ ኢኹም ትምከሩ ዘለኹም፡ ግን ዝተማልእ ጥዕና ምእንቲ ክህልወኩም መዓልታዊ ኣብ ደገ እንዳወጸእኩም ምውስዋስን ብእግርኹም ምንቅስቓስን ግበሩ ኢኹም።
- ንገዛኹም እኹል ንፋስ ከምዝእትዎ ግበሩ ኢኹም።
- ካብቶም ምሳኹም ዝነበሩ ሰባት ንስራሕ ዝወፍሩ ወይ ድማ ህዝባዊ መጉዳዝያ ዝጥቀሙ እንተድኣ ሃልዩም፡ ካብኦም ናይ 2 ሜትር ምርሕሓቕ ግበሩ ኢኹም።



ጉዕዞ/ምንቅስቓስ

- ኣገዳሲ ነገር እንተዘይሃልዩኩም፡ ንኸይትጉዳዙ ትምከሩ ኣለኹም፡ ህዝባዊ መጉዳዝያ ምጥቃም ድማ ኣወግዱ።



ክንክንን ደገፍን

- ነቶም ዘድልዩኹም ዘበሉ ናይ ጥዕናዊ ክንክናትን ደገፋትን ንምርካብ ክትቅጽልዎም ይግባእ፡ ንሓቶም ድማ ከም ናይ ሆስፒታል ወይ ናይ ጥዕናዊ ክንክን ቁጻራታት ዘካተቱ እዮም።

እንተድኣ ሓገዝ ኣድልዩኩም፡  
በዞም ዝስዕቡ ተራኽቡና፡



ብኢንተርኔት

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ብቴለፎን

0113 376 0330



ናይ ምልክት ቋንቋ ሓባሪ [SignLive Directory]

ኤል ሲ ሲ ኮቪድ-19 ሕረዩ  
[Select LCC Covid19]



ናይ ቴክስት ቊጽራ

07480632471

# لاک ڈاؤن کے دوران شیڈنگ [اپنے آپ کو الگ تھلگ رکھنا]: ان افراد کے لیے طبی مشورے کا خلاصہ جو کہ انتہائی کمزور ہوں۔

## Advice on Shielding in: URDU

- اگر ممکن ہو تو گھر ہی سے کام کریں۔
- اگر آپ گھر سے کام نہیں کرسکتے تو آپ کو کام پر نہیں جانا چاہئے۔ آپ کے آجر آپ کے شیڈنگ لیٹر کوٹیوٹ کے طور پر استعمال کر سکتے ہیں۔



کام

- طبی لحاظ سے انتہائی کمزور بچوں کو اسکول نہ آنے کا مشورہ دیا جاتا ہے – خواہ وہ کی ورکرز یا کمزور افراد کے بچے ہوں۔
- وہ بچے جو کسی ایسے شخص کے ساتھ رہتے ہوں جو طبی لحاظ سے انتہائی کمزور ہے اور وہ بچے اس وقت اسکول جا رہے ہوں تو وہ اپنے ہاتھ دھونے اور جہاں ممکن ہو فاصلہ برقرار رکھنے کا اضافی خیال رکھیں۔



اسکول

- اس وقت آپ ذاتی طور پر دکانوں یا فارمیسی پر نہ جائیں۔
- آن لائن خریداری کریں - جس میں ترجیحی سطح پر فراہمی کے لئے آن لائن سائن اپ کرنا شامل ہے؛ کنبے یا دوستوں سے کہیں کہ وہ آپ کے لئے خریداری کریں یا رضاکاروں سے مدد طلب کریں۔
- گھر والوں یا دوستوں سے اپنی دوائی منگوانے کا کہیں یا اپنی فارمیسی سے دریافت کریں کہ آیا وہ آپ کو دوائی لا کر دیتے ہیں۔ اگر ضرورت پیش آنے تو رضاکاروں سے مدد کے لیے کہیں۔



شاپس اور فارمیسی

- عام طور پر آپ کو زیادہ سے زیادہ گھر پر رہنے کا مشورہ دیا جاتا ہے – لیکن صحت مند رہنے کے لئے ہر روز ورزش کریں یا باہر پیدل چلیں۔
- اپنے گھر کو اچھی طرح سے ہوا دار رکھنے کا خیال رکھیں۔
- اپنے ساتھ رہنے والے افراد سے اگر وہ گھر سے کام پر جا رہے ہوں یا عوامی ٹرانسپورٹ استعمال کر رہے ہوں تو 2 میٹر کا فاصلہ رکھیں۔



سماجی میل جول

- اپنے ساتھ رہنے والے افراد سے اگر وہ گھر سے کام پر جا رہے ہوں یا عوامی ٹرانسپورٹ استعمال کر رہے ہوں تو 2 میٹر کا فاصلہ رکھیں۔



سفر

- اپنے لیے دیکھ بھال اور مدد جس کی آپ کو ضرورت پڑتی ہے کے حصول کو جاری رکھنا چاہئے – اس میں آپ کے ہسپتال یا دیکھ بھال کی اپائنٹمنٹ شامل ہیں جن پر آپ عام طور پر جاتے ہیں۔



دیکھ بھال اور مدد



ٹیکسٹ نمبر

07480632471



ساتن لائیو ڈائریکٹری

انتخاب کریں ایل ایل سی کوویڈ19



فون

0330 376 0113



آن لائن

leeds.gov.uk/shielding

اگر آپ کو مدد درکار  
ہو تو رابطہ فرمائیں: