

Advice for people at higher risk from Covid-19

Vaccine



Vaccination and booster are proven to reduce the risk from Covid-19. To book yours call 119 or book online at www.nhs.uk/covid-vaccination. If you need advice, help to book or assistance to attend your appointment, text the word “callback” to 07480632471. Or call 0113 3760330 to request a call back.

Work



Work from home in you can. If you cannot work from home, talk to your employer about reducing your risk. If you are severely immuno-compromised or immuno-suppressed seek the advice of your consultant about working. Ask for employment advice if needed.

Shops



Shop online, or go shopping at less busy times if you can. Wearing a clean, good quality, well-fitting face covering can help lower your risk. If you need assistance to get your shopping or prescriptions, or you need help to afford food call us on 0113 376 0330 to ask for help.

Social



Avoid crowded indoor spaces. Meeting outdoors in the fresh air is safest. If you are socialising indoors, make sure you have good ventilation by leaving a window open or letting in fresh air at least once an hour. Asking friends and family to take a free lateral flow home test every time before they visit can help minimise the risk of infection to you.

Take extra care whilst rates of infection are high.



Covid+



If you do get Covid-19 you should manage your symptoms carefully:

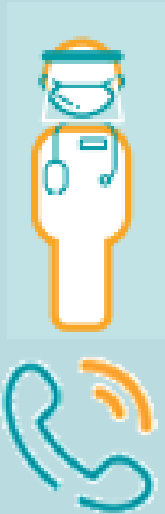
- If you usually take immunosuppression medication – seek advice from NHS 111
- If you usually use a pulse oximeter to monitor your condition, make sure you keep an eye on your oxygen levels and seek advice from NHS 111 if you need to.
- If you feel very unwell or have difficulty breathing – contact NHS 111 and explain you are at higher risk from Covid19 and they can advise.

If you need help to self-isolate – call us on 0113 376 0330

We are here to help – if you need any advice or support, let us know and we will do our best to help you stay happy and healthy. Examples of ways we can help:

- You can ask for an emergency food delivery if you will run out within 48 hours and have no other means to access food. Or get help from a volunteer if you need someone to help you pick up some shopping.
- You can ask for help to access benefits, or emergency support payments if you are struggling financially or need help to heat your home.
- You can ask for help with your emotional or physical health – we have some dedicated support or can connect you to the right service.
- You can ask to be put in contact with organisations local to you that hold activities and events safely.
- You can ask for help to get online, including loaning one of our devices that can be used free of charge.
- Text YES to 07480632471 to sign up to text alerts

Help & Support



0113 376 0330

Phone



Text
Number

07480632471



Online

leeds.gov.uk/shielding



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Select LCC Covid19