

LEIGH VIEW MEDICAL PRACTICE



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Dear patient,

IMPORTANT ADVICE TO KEEP YOU SAFE FROM CORONAVIRUS

Some patients were issued with a shielding letter if they were considered clinically extremely vulnerable from COVID-19. The letter asked them to stay at home for 12 weeks. Now that this 12 week time period has passed for most patients, some employers are asking for further confirmation that these patients are still required to shield at home.

Although we are unable to do so for all patients individually, this letter is general confirmation for patients, which can be passed along to their employers.

We are now highlighting that the guidance has been updated, and the shielding date has been extended nationally. The new end date in the current shielding guidance is 1st August 2020.

As per the government website:

<https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

Specifically

Staying at home and shielding

People classed as clinically extremely vulnerable are advised to take additional action to prevent themselves from coming into contact with the coronavirus (COVID-19). If you're clinically extremely vulnerable, you're strongly advised to stay at home as much as possible and keep visits outside to a minimum (for instance once per day).

This is called 'shielding' and the current advice is:

1. If you wish to spend time outdoors (though not in other buildings, households, or enclosed spaces) you should take extra care to minimise contact with others by keeping 2 metres apart.

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ASSOCIATE GPs: DR H COLE . DR D POLLARD . DR S NAGENDRAN . DR C ELLIOTT
PRACTICE MANAGER: MISS VICTORIA ALLEN . ASSISTANT PRACTICE MANAGER: MRS KAREN JONES

2. If you choose to spend time outdoors, this can be with members of your own household or you may choose to spend time outdoors with one person from another household (ideally the same person each time).
3. You should stay alert when leaving home: washing your hands regularly with soap and water or hand sanitiser, maintaining social distance and avoiding gatherings of any size.
4. You should not attend any gatherings, including gatherings of friends and families in private spaces, for example, parties, weddings and religious services.
5. You should strictly avoid contact with anyone who is displaying symptoms of COVID-19 (a new continuous cough, a high temperature, or a loss of, or change in, sense of taste or smell).
6. Although single adult households can form a 'support bubble' with one other household, people who are clinically extremely vulnerable are advised not to be part of a support bubble.

The government is currently advising people to shield until 31 July 2020, but gradually easing protection advice in the interim period, and is regularly monitoring this position.

If you have been off work due to shielding, please advise your employer that Leigh View Medical Practice shall NOT be issuing further individualised letters and nor will we be issuing sick notes for this. The government guidance is clear and the current date has been extended.

Please keep checking the government website for more information.

Yours sincerely

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