

23 October 2020

IMPORTANT: PERSONAL

Your Community Health Index (CHI) number: <<CHI>>

Dear Patient,

You are receiving this letter because we have asked you to shield previously or we have recently added you to the list of those considered at higher risk from coronavirus (COVID-19).

Since the beginning of the pandemic 7 months ago, we have taken many steps to protect you and others. We said that if case numbers started to rise, we would take even more steps to stop the virus spreading.

Protection levels for Scotland

As you know, cases are now rising across Scotland. To keep you safe, the First Minister has announced that we will have 5 protection levels in Scotland.

Protection levels will be set in response to infection data in local areas. There is different guidance for each protection level. You should follow the guidance for your area's protection level. The protection level for your area will soon be available at www.gov.scot/coronavirus. The levels will apply from Monday 2 November.

Extra advice for people considered at higher risk from coronavirus

You should follow the protection level guidance for the general population as a minimum. We are also giving you extra advice for areas like work, school, shopping and contact with others. You can find this extra advice in the table that comes with this letter.

We believe that you should be able to make decisions for your own situation. This means thinking about the number of cases in your local area, your own health situation, advice from your GP, consultant or clinician, and the risk different activities carry. To help you do this, we will shortly send you a guide to developing a practical protection plan which is right for you.

The NHS is open for everyone

Looking after your health and wellbeing is important. The NHS is open for everyone, not just for coronavirus patients. Keep your medical appointments and let your GP or consultant know about any new illnesses or issues you have. Hospitals and GP surgeries have taken steps to reduce the risk of coronavirus and make sure your visits are safe.

Please read the rest of this letter for more information on what the new protection levels mean for those more at risk of coronavirus. There is also information about free vitamin D supplements and a reminder about flu vaccinations.

Yours sincerely,

Professor Marion Bain

A handwritten signature in black ink, appearing to read 'Marion Bain', written in a cursive style.

on behalf of

DR GREGOR SMITH
INTERIM CHIEF MEDICAL OFFICER