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| **Directorate for Healthcare Quality and Improvement**  Planning and Quality Division |  |



Date: 8 June 2020

**IMPORTANT: PERSONAL**

Dear Patient,

**Your CHI number: <CHI Number>**

The Chief Medical Officer recently wrote to you because the NHS had identified you as someone who may be at very high risk of severe illness from coronavirus (also known as COVID-19). Because we believed you were at very high risk, we advised you to shield at home. I have been made aware that a review has identified that you are no longer considered as within one of the very high risk groups or that shielding may not otherwise be appropriate for you, and therefore you do not need to shield at home and **no longer** need to follow the shielding measures outlined in the Chief Medical Officer’s letter. There are many reasons why a review is carried out, for example your clinical situation may have changed, or new knowledge has allowed clinicians to reassess risk.

It may have been appropriate for you to have been Shielding at the outset of the COVID-19 pandemic and your situation may have changed. I am very sorry that you have been initially advised to shield and I apologise for any distress this may have caused you. If you have any concerns about your clinical care, please discuss them with your GP or clinical team.

Even though you are no longer being advised to shield, I would ask you to follow the physical distancing advice given to the rest of the public in Scotland.

Online help and support

You can find out more about the latest Scottish Government advice on coronavirus by going to [gov.scot](https://www.gov.scot/) and [mygov.scot](https://www.mygov.scot/).

You can find out the latest coronavirus health updates by going to [nhsinform.scot](https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19).

You can review the criteria for Shielding by going to [nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/coronavirus-covid-19-shielding](https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/coronavirus-covid-19-shielding)

If you’ve already signed up to shielding support

If you’ve already signed up to receive shielding support, this support will not stop straight away.

Free weekly grocery deliveries

You may have signed up for the delivery of free weekly grocery boxes through the SMS Shielding Service, or through your local council. If so, you will carry on getting a weekly delivery up until 6th July 2020. You will not be charged for these deliveries. I hope this gives you some peace of mind while you put new arrangements in place for after that date.

If you still need support after your last weekly grocery delivery, you can contact your local council to discuss what support you may be able to get. You can contact your local council by calling the national helpline on **0800 111 4000**. This helpline is free and is open Monday to Friday, from 9am to 5pm.

Supermarket priority delivery slots

If you asked for your details to be passed to the supermarkets to access priority online delivery slots, you will retain your priority shopping status**.** If you asked for priority shopping but have not yet been offered slots by a supermarket, **you will still be** **offered these slots.** We will be making no changes to this offer of supermarket slots.

Pharmacy

If you have asked for support in having medication delivered to you, this will continue.

Public Health Scotland is updating essential systems to highlight that you no longer need to follow shielding measures; this may take some time to fully update across all systems. If you do receive contact from your GP or council in the meantime, please explain that you have received this letter and no longer need to follow shielding measures.

If you have any questions about the use of your data, please contact Public Health Scotland. Information on how to do so is available at [publichealthscotland.scot/our-privacy-notice/](https://publichealthscotland.scot/our-privacy-notice/)

Yours sincerely,

Linda Pollock  
Deputy DirectorHealthcare Quality and Improvement