



23 March 2021

IMPORTANT: PERSONAL

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

Updated advice

Dear XXXXX,

I'm writing with some new advice for children and young people on the shielding list. This is because the Protection Level guidance has been updated in Scotland. Restrictions will also ease over the coming weeks and Scotland will begin to move out of lockdown.

You can find my updated advice for people on the shielding list at each Protection Level summarised in the table at the end of this letter. It's also online at www.mygov.scot/shielding. Because you are at the highest risk of falling severely ill from coronavirus, I suggest you continue to follow the extra advice in the table.

Going back to school, college or childcare from 26 April

Children and young people on the shielding list can return to school, college or formal childcare when the areas where you live and study move to Level 3. This is likely to be from 26 April.

This is because, from this date, all areas now in Level 4 should move down to Level 3 or lower. I will let you know if this changes. The criteria for moving up or down a level have been tightened in Scotland. This means that at Level 3 infection rates will be low enough to greatly reduce your risk of catching coronavirus.

If you're in Level 4 at the moment

Children and young people on the shielding list should still not attend school, college or childcare in person, until the areas where you live and study both move down to Level 3 or below. However, parents can consult with their child's clinical team. The team might advise carrying out an individual risk assessment. It may be possible to make changes to let some children attend education or childcare. There's advice about financial support if you are caring for a child or young person who can't attend education or childcare attached to this letter.

Adults who live with you

If you live with people who work, they should work from home if they can. If they cannot work from home, they can go to work, even in Level 4 areas. Their employers have a responsibility to make sure their workplace and duties are COVID-safe. Your household member should discuss any concerns with their employer. They should tell their employer they live with someone who is on the shielding list. There's advice about making workplaces safe attached to this letter.

Other children and young people who live with you

We are currently planning for children and young people who are not on the shielding list to return to school full-time after the Easter holidays, if they have not already done so. This applies to children and young people who live with someone on the shielding list too. They should follow their school's safety measures. I would also encourage those in secondary schools to make use of the twice-weekly at-home Lateral Flow Testing offered to pupils. It is important that any positive results from these Lateral Flow devices are followed up with confirmatory PCR tests. If you have concerns, talk to the school about steps they can take to address these. Schools should be as flexible as possible.

People who live with you should continue to follow FACTS guidance even if they've had the vaccine, to reduce the chance of spreading the virus.

Yours sincerely,

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

DR GREGOR SMITH
CHIEF MEDICAL OFFICER

The advice below is for the adults who live with you. Show it to your parent or guardian.

Making your workplace safe

Employers have a legal duty to make the workplace safe for all staff. It is the employer's responsibility to regularly carry out workplace risk assessments and take steps to reduce coronavirus risk. Employees also have a responsibility to follow safe working practices.

Find workplace risk assessment guidance at www.gov.scot/covid-workplace-risk.

If you still feel unsafe at work after speaking to your employer, you can get more advice from:

- Occupational Health Services (if your employer offers them)
- the Health and Safety representative in your workplace HR (your employer's Human Resources team, if there is one)
- your trade union or professional body
- the Citizens Advice website at www.cas.org.uk or the free Citizens Advice Helpline on 0800 028 1456, (Monday to Friday, office hours)

Financial help if you cannot work

Some employers may offer financial help if you cannot work due to the advice in this letter, or for other reasons related to coronavirus. For example, caring responsibilities. You should also ask your employer if they can offer any other financial support not mentioned below.

Furlough

Your employer may be able to furlough you through the Coronavirus Job Retention Scheme if you have caring responsibilities resulting from coronavirus. The scheme runs until 30 September 2021. If furloughed, you will stay off work but get up to 80% of your normal pay. Your employer will also keep paying your National Insurance and pension contributions.

Benefits

If you are not furloughed, you may be able to get Universal Credit or other benefits if you can't attend work due to caring responsibilities. To find out what benefits you can get, speak to your employer, visit www.gov.uk/browse/benefits, or visit Citizens Advice Scotland at www.cas.org.uk.

Self-Employment Income Support Scheme (SEISS)

If you're self-employed and have lost income during coronavirus, you may be able to claim a grant from the Self-Employment Income Support Scheme (SEISS). You can claim online from late April 2021 until 31 May 2021. Find details at www.gov.uk/hmrc/self-employment-support-scheme

Money advice

For money advice visit www.moneytalkteam.org.uk or call Money Talk for free on 0800 085 7145.

Priority vaccinations for unpaid carers

Unpaid carers can register for the coronavirus vaccine at register.vacs.nhs.scot or by calling the free COVID-19 Vaccination Helpline on 0800 030 8013 (open daily, 8am to 8pm).

This resource may also be made available on request in the following formats



 **PHS.HealthData@phs.scot**

 **0800 111 4000**

Use the subject line 'translation request' if you send an email. Include these details about the person who needs the different format:

- name
- address and postcode
- CHI number
- format or language required

Please tell us if we should always send information in this format. If you've asked before for translations of the information we send, it's on its way to you.

Find translations and other formats for past shielding letters at www.gov.scot/shielding-letters

Data Protection Statement

You have been identified from either your GP practice, local Health Board or securely stored national data in order that we could write to you. We want to reassure you that this information has only been shared in a limited way within the NHS in Scotland and did not include your medical record. During this time, we will keep your contact details in case we need to contact you again. We will also notify your GP and your Health Board that you have been contacted in order that they can provide appropriate support. To provide some of the support noted above, we may share your contact details only with your council. This is only so that they can support you during this difficult time. This action is only being taken due to the current COVID-19 outbreak. We want to assure you that your local council would not receive any details of your medical condition or health record. You can request your contact details to be removed from the shielding list by asking your GP or hospital clinician.

Extra protection level advice for people at highest risk from coronavirus (COVID-19)

This is additional advice. Consider what protection is right for you based on your circumstances..

All levels: we will not ask you to distance from people within your own homes or to stop taking outdoor exercise.

	Level 0	Level 1	Level 2	Level 3	Level 4
Contact with others	Follow the level 0 advice to the general population	Follow the level 1 advice to the general population	Reduce the number of people or households you have face to face contact with Avoid 1-metre zones (areas which allow physical distancing of only 1 metre)	Limit meeting people outside your own household, avoid indoor public spaces	Minimise contact with people outside your own household if you can. You should not take public transport
Shopping	Strictly follow the shopping guidelines for the general population	Strictly follow the shopping guidelines for the general population	Strictly follow the shopping guidelines for the general population	Strictly follow the shopping guidelines for the general population. Limit the number of times you go to a shop. Shop at quieter times	Strictly follow the shopping guidelines for the general population. Limit the number of times you go to a shop. Shop at quieter times
If you cannot work from home	Following a workplace risk assessment, your employer should make any changes	Following a workplace risk assessment, your employer should make any changes	Following a workplace risk assessment, your employer should make any changes	Following a workplace risk assessment, your employer should make any changes	The Chief Medical Officer advises you not to go to work, unless you can work from home. The Chief

	<p>needed to your workplace to protect you. Most workplaces can be made safe.</p>	<p>needed to your workplace to protect you. Most workplaces can be made safe.</p>	<p>needed to your workplace to protect you. Most workplaces can be made safe. Discuss any concerns with your employer.</p>	<p>needed to your workplace to protect you.</p> <p>Speak to your employer to ensure all appropriate protections are in place.</p> <p>Most workplaces can be made safe.</p>	<p>Medical Officer has sent you a letter which is similar to a fit note. It will last until 30 June 2021. You can use it while your area or workplace is in level 4.</p> <p>Use this letter to stay off work if you cannot work from home.</p>
<p>Education and formal childcare</p>	<p>Follow the level 0 advice to the general population</p>	<p>Follow the level 1 advice to the general population</p>	<p>Follow the level 2 advice to the general population</p>	<p>Parents or guardians should discuss with their clinician whether children should still attend</p>	<p>Children on the shielding list should not attend in person if they live or attend school, college, or formal childcare in a level 4 area. However, a child's clinician may advise that an individualised risk assessment can be undertaken.</p> <p>Students who are on the shielding list are also advised not to attend college or university in person. Students that are sharing term-time</p>

					accommodation with others should discuss any concerns with their accommodation provider or institution to see what support can be put in place.
People who live with someone on the shielding list	Follow the level 0 advice to the general population	Follow the level 1 advice to the general population	Follow the level 2 advice to the general population	Follow the level 3 advice to the general population	<p>Children and young people who live with someone on the shielding list can go to school. They should follow the school's safety measures.</p> <p>Household members who cannot work from home can still go into the workplace.</p> <p>Employers have a responsibility to make sure the workplace and duties are COVID-safe. Strictly follow the FACTS guidance.</p>