



PCD SHIELDING UPDATE

5th January 2021



Currently, *all* adults with PCD are considered Clinically Extremely Vulnerable (CEV), as are *some* children with PCD. Most children with PCD were removed from the 'Shielded Patient List' in June 2020 and would have been notified directly if they were advised to shield again.

As of 26th December, there have been changes to recommendations for those who are CEV, across all four UK nations. The shielding advice varies slightly from country to country but is fairly consistent. In general, those who are CEV are advised to:

- Stay at home as much as possible.
- Still go out for exercise but avoid contact with others outside of your household.
- Keep social contacts to a minimum. Practice good hygiene - keep washing hands regularly.
- Do not go into shops and pharmacies - ask friends / family if they can help. If you absolutely have to go, try to go at quieter times. Please still attend your hospital appointments, if requested.

Please check specific advice for each of the UK nations below:

England: <https://www.gov.uk/guidance/national-lockdown-stay-at-home#protecting-people-more-at-risk-from-coronavirus>

Northern Ireland: <https://www.nidirect.gov.uk/articles/coronavirus-covid-19-guidance-clinically-extremely-vulnerable-and-vulnerable-people#toc-4>

Scotland: <https://www.gov.scot/publications/covid-shielding/>

Wales: <https://gov.wales/written-statement-new-advice-those-who-are-clinically-extremely-vulnerable-previously-shielding>

Please do not put off seeking advice from your GP or PCD team if you are unwell. The doctors and medical professionals are continuing to see people, where required. Make sure you keep exercising and doing your physio! Getting outdoors has great benefits for your lungs and for your mental health.

We know that this period has been a gruelling slog and that further UK lockdowns have added to the burden that those who are 'Clinically Extremely Vulnerable' have carried since March. We also know that for parents who have children with PCD, who are no longer considered 'Clinically Extremely Vulnerable', that this period remains confusing and worrying.

As a charity we are here to support you all and can provide phone calls, advice and letters of support in some situations. Thankfully, the vaccine is now in sight and so now, more than ever, we encourage you to take precautions and to follow the appropriate guidance to stay safe. Together we will get there!

**Sending you our warmest wishes for the year ahead,
The Committee of the PCD Family Support Group**