

People with rare diseases, including all forms of Interstitial Lung Disease/Sarcoidosis, and inborn errors of metabolism that significantly increase the risk of infections (such as SCID, homozygous sickle cell).

People on immunosuppression therapies sufficient to significantly increase risk of infection or who have had their spleens removed.

People who are pregnant with significant heart disease, congenital or acquired.

People who are receiving renal dialysis treatment.

You may have received this letter, even if the above conditions are not relevant to you, if your GP or Hospital Specialist thinks that you would benefit from following this advice.

## **Prescriptions**

Your local pharmacy should be sending you any prescription medicines that you need. Your prescriptions should also cover the same length of time as usual. If you do not have your prescription medicines sent to you, or want someone you know to pick them up, you can arrange this by:

- asking someone you know to pick them up and to leave them at your door (this is the best option, if possible)
- contacting your local council's support line - they will be able to arrange for your medicines to be delivered to your home

If you get medicines or equipment from your hospital care team, they will arrange to have these delivered to you.

## **Looking after your mental wellbeing**

We understand this may be a worrying time and that you may find staying at home and having limited contact frustrating. At times like these, it can be easy to fall into unhealthy patterns of behaviour, which can make you feel worse. Simple things you can do to stay mentally and physically active during this time include:

- look for ideas for exercises to do at home on the NHS website
- spend time doing things you enjoy – reading, cooking, jigsaws and other indoor hobbies
- try to eat healthy, well-balanced meals, drink enough water, exercise regularly, and try to avoid smoking, alcohol and recreational drugs
- try spending time with the windows open to let in fresh air, arranging space to sit and see a nice view (if possible) and get some natural sunlight. Get out into the garden or sit on your doorstep if you can, keeping a distance of at least 2 metres from others

## **Data Protection Statement**

We would like to reassure you that while 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, this information has been shared appropriately within the NHS in Scotland and did not include your medical record. During this outbreak, we will maintain 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. Should we need to, in order to provide some of the additional support noted above, we will share your contact details only with your local authority (your council) in order that they can support you during this difficult time. We would highlight that this action is only being taken due to the current