

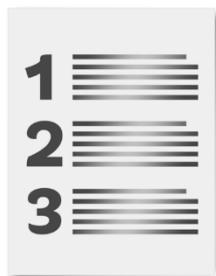


Protect yourself from Covid



You may have received a letter about Covid from **Camden** or the **DHSC** (the Department of Health and Social Care)

The letter was hard to understand and we are sorry

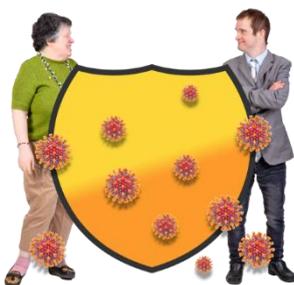


You have been added to the list of people who are **most likely to get very poorly from Covid**



People who are **most likely to get very poorly** from Covid need to do more than others to try to stop themselves getting Covid

Shielding



You are now being asked to **shield** to help protect yourself from catching Covid



Shielding means staying at home as much as possible until **31 March**



You can still go out

- to exercise



- to attend health appointments



- to get a Covid vaccination



If you are shielding you should see as few people as possible



If you see as few people as possible it will lower your risk of getting Covid

Support bubbles



You can form a support bubble with 1 other household if

- you live on your own



- you feel it is important for your physical and mental health to be in a support bubble



A support bubble means they can spend time in your home



You can only form a support bubble with one other household



You do not have to keep a safe distance from that person



It is your choice if you want to have a support bubble or not

It is important to think about the risk of infection and your physical and mental health



The Covid vaccine

Because you are likely to get very poorly from Covid, you will be invited to have **the Covid vaccine** before most other people



The best way to avoid getting Covid is to have the **Covid vaccine**

The **Covid vaccine** is an injection that will help protect you from catching Covid



You will need to have an injection in your arm
This will not hurt, it will be like a little scratch

The vaccine can only be given with an injection



This is the NHS calling to make a Covid-19 vaccine appointment

Your GP surgery will contact you when it is your turn to have the vaccine

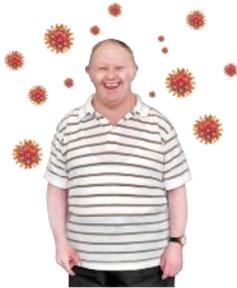


Why it's important to get your Covid vaccine



Catching Covid can be serious and may lead to long term health problems

These are more common in older people or people with other health conditions



You can have Covid without any symptoms and pass it on to family and friends



If you have the vaccine you are less likely to get Covid

Some people may still get Covid even though they have had the vaccine, but it should be a milder illness



If you have questions about shielding, support bubbles or your risk of getting Covid, you can talk to your support worker or named worker