

Are you clinically vulnerable?

“Vulnerable” means being under increased risk of complications if you should be affected by Coronavirus. The current policy in all countries worldwide is to reduce exposure to vulnerable groups.

Items in red are particularly subject to change as guidelines evolve. The next phased change is 1st August 2020.

You are officially clinically vulnerable if you are:

- aged 70 or older (regardless of medical condition)

If you are under 70, you are also clinically vulnerable if you have an underlying health condition listed below (*you will probably have been informed directly by the NHS*). Normal text is “Moderate” risk under NHS guidelines, and **BLUE** indicates High risk.

- chronic (long-term) mild to moderate respiratory diseases, such as asthma, **chronic obstructive pulmonary disease (COPD)**, **cystic fibrosis**, **emphysema** or bronchitis
- chronic heart disease, such as heart failure
- chronic kidney disease, chronic liver disease, such as hepatitis
- chronic neurological conditions, such as Parkinson’s disease, motor neurone disease, multiple sclerosis (MS), or cerebral palsy
- diabetes
- **blood diseases – sickle cell, cancers, etc**
- **a weakened immune system as the result of certain conditions, treatments or medicines (such as chemotherapy/radiotherapy, steroid tablets / immune suppressants / protein kinase inhibitors or PARP inhibitors), organ or bone marrow transplants**
- **people with rare diseases that significantly increase the risk of infections (such as severe combined immunodeficiency (SCID), homozygous sickle cell)**
- seriously overweight (a body mass index (BMI) of 40 or above)
- pregnant **with heart disease**

This list is not comprehensive – see list of sources below for full and current list.

People coming to complementary therapies for treatment will not usually be on a high vulnerability list without already knowing that is the case.

For the time being

(subject to changes in Government guidelines etc) :

For the purposes of close-contact bodywork, you are also in this category if you are regularly in close contact with anyone who fits any of the above descriptions. However, if this is the case, please contact me anyway and I will see if there is some way I can still help.

At this stage (18 Jul 2020) you are generally advised to maintain a social bubble for shielding, but are also able to exercise personal judgement on potential risk.

Sources :

- <https://www.england.nhs.uk/coronavirus/wp-content/uploads/sites/52/2020/06/C0624-shielding-letter-to-nhs.pdf>
- <https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>
- <https://digital.nhs.uk/coronavirus/shielded-patient-list>