

# Chief Medical Officer Letter to the Down's Syndrome Community in Scotland – Easy Read version

## What is this easy read about?



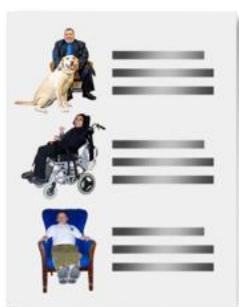
This is a letter from the Chief Medical Officer of Scotland Dr Gregor Smith



The letter is being sent to **every adult with Down's Syndrome** in Scotland



This means every person with Down's Syndrome who is **18 years old or older**

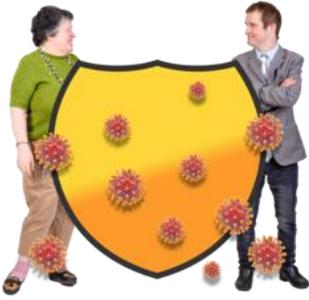


It means you have been added to something called the **shielding list**



**It does not** mean that you need to start shielding

# What is the shielding list?



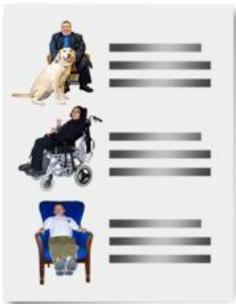
At the beginning of the coronavirus pandemic some people were shielding



Shielding was there to protect people who are likely to become very ill from Coronavirus.



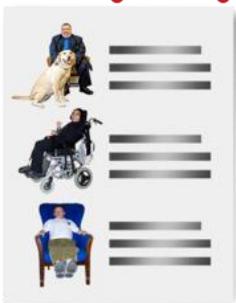
Shielding meant doing extra things to stay safe like staying at home at all times



There is now something called the shielding list



Being on the shielding list does not mean that you have to stay at home all the time



Being on the shielding list means you will get extra advice and support

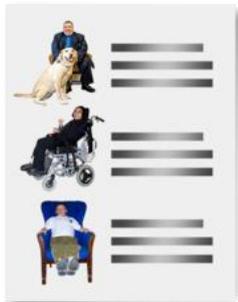
## Why am I on the shielding list?



Experts have been doing research on who has become very ill from coronavirus



Their research says that people with Down's syndrome are more likely to become very ill



This is why people with Down's syndrome are now on the shielding list

## What should I do now?



You **do not** have to start shielding or following different rules



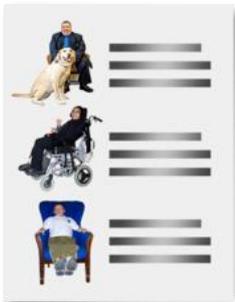
You should follow the rules in your local area



You can find out the local rules in your area at [www.gov.scot/coronavirus](http://www.gov.scot/coronavirus)



The new local rules will start on **November 2<sup>nd</sup>**



Being on the shielding list gives you extra advice and support.



Like advice and support for shopping





Like advice and support on seeing other people



The Scottish Government will soon send you some information to help you make a personal plan



You can speak to friends and family about what to do



You can speak to your doctor



If you do not want to be on the shielding list you can ask your GP to take you off the list





It is important to think about things and make the right decision for you

## Would you like text messages with information?



The Scottish Government can send you text messages to your phone



The text messages will have new information and changes



If you would like to get them text the red number on your letter to **07860 064525**

## How else can I get information?



The Scottish Government will tell you if you need to start shielding



You can find the latest information at this website:

[www.mygov.scot/shielding](http://www.mygov.scot/shielding)



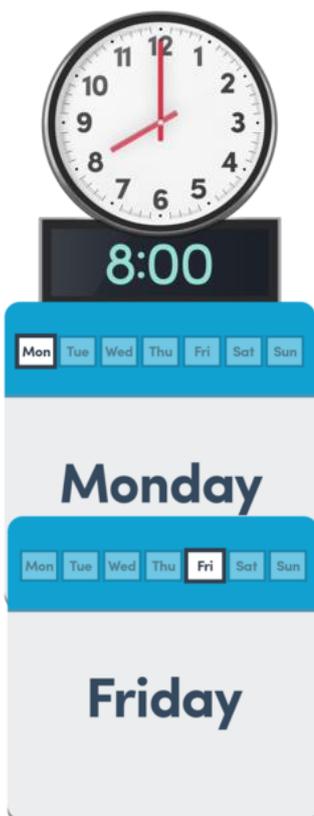
You can watch the daily briefings from the First Minister



You can phone the Down's Syndrome Scotland helpline for more information and support

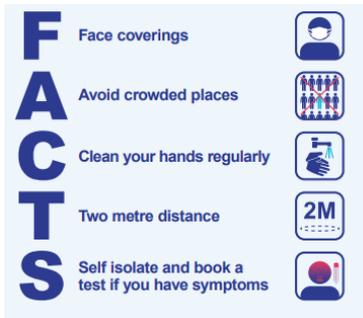


The number to call Down's Syndrome Scotland and speak to someone is **0300 030 2121**



It is open between **8am and 8pm between Monday and Friday**

# What about the FACTS advice?



The Scottish Government want you to remember the FACTS advice



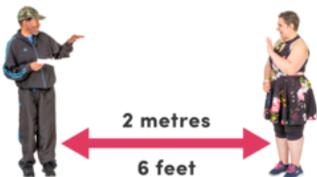
Wear a face covering



Avoid crowded places



Clean and wash your hands as often as you can



Stay 2 metres away from people

Self-isolate and stay at home if you get symptoms



## What about the NHS?

The NHS is still open to help you



You should still go to any appointments that you have



## What other things should I think about?

There was some further information included in the letter sent to you



You or a supporter should try to read all of the information but here are some important things





You should soon get a letter asking you and anybody you live with to get a flu vaccine



You should this get this so you can stay safe from the flu



If you do not get a letter in the next few weeks call 0800 22 44 88



Try and get outside for some exercise if you can



Try and take some Vitamin D to help your health and wellbeing during winter



Other easy read information can be found at

<https://www.nhsinform.scot/translations/formats/easy-read/coronavirus-covid-19>