

# 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 1<sup>st</sup> 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>