

# Wellbeing Champions Covid Information Newsletter



For the latest update from Public Health Wales follow the link:

<https://covid19-phwstatement.nhs.wales/?fbclid=IwAR31mLU-7S3dF-h39yEhh-9dMWT0x6pB75J1OpW232hIL-PM2Hf61eQfM3Ko>



Remember if you are over 70, have an under-lying health condition or are pregnant, you are at increased risk and need to be particularly stringent in following social distancing measures.

For further information on what to do, visit

<https://www.gov.uk/coronavirus>

HM Government

NHS

## Coronavirus guidance Protecting older people and vulnerable adults

We are advising those who are at **increased risk** of severe illness from coronavirus (COVID-19) to be particularly stringent in following social distancing measures.

**aged 70 or older** (regardless of medical conditions)

**under 70 with an underlying health condition listed below** (ie anyone instructed to get a flu jab as an adult each year on medical grounds):

- chronic (long-term) respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), 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), a learning disability or cerebral palsy
- diabetes
- problems with your spleen – for example, sickle cell disease or if you have had your spleen removed
- a weakened immune system as the result of conditions such as HIV and AIDS, or medicines such as steroid tablets or chemotherapy
- being seriously overweight (a body mass index (BMI) of 40 or above)

those who are **pregnant**



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Over the weekend we have been receiving some lovely photographs from children who have been staying safe at home. Here are a selection

