

## **COVID-19 Highest Risk Classification**

**Some groups of people are considered to be at extremely high risk of severe illness with Coronavirus (COVID-19). If you are in this group you will receive a letter from NHS Scotland or be contacted by your doctor. If you are in this group you should follow shielding measures.**

Shielding is only recommended for those at highest risk of severe illness if they contract Coronavirus (COVID-19). This group of people will be advised to take very stringent measures to protect themselves from contracting the virus and will be contacted by letter.

This note/page should help you identify if your health condition means you will be advised to follow shielding measures.

The Scottish Government is working with NHS Scotland to identify everybody who should follow shielding measures. Many people have already received a letter telling them they should be shielding but many more will receive a letter in the coming weeks.

We are grateful for the help of GP's and hospital clinicians in continuing to identify the patients that need to take the strictest measures to protect themselves.

If you have not yet received a letter from NHS Scotland but your condition is included in the table below you are advised to protect yourself immediately by following the shielding measures set out on the NHS Inform website.

We are asking GPs and hospital clinicians to ensure everyone who is at the highest risk is sent a letter, even if they do not have one of the conditions listed. If your clinician thinks you are at the highest risk then you will be contacted by letter.

Regardless of whether you are the person at an increased risk of severe illness from COVID-19 you can help protect the many thousands of people who are at risk by staying at home.

Grouping	How would I know if I am in this group?
<b>Solid organ transplant recipients</b>	This group includes people who have had a transplant of heart, lung, stomach or other part of intestine, liver and kidney. People will be in this group because they need to take medications to prevent rejection of the transplanted organ.
<b>People with specific cancers</b>	<p>This is made up of five sub-groups. They are:</p> <ol style="list-style-type: none"> <li>a) People with cancer who are undergoing active chemotherapy or radical radiotherapy for lung cancer;</li> <li>b) People with cancers of the blood or bone marrow such as leukaemia, lymphoma or myeloma who are at any stage of treatment;</li> <li>c) People having immunotherapy or other continuing antibody treatments for cancer;</li> <li>d) People having other targeted cancer treatments which can affect the immune system, such as protein kinase inhibitors or PARP inhibitors; and</li> <li>e) People who have had bone marrow or stem cell transplants in the last 6 months, or who are still taking immunosuppression drugs.</li> </ol>
<b>People with severe respiratory conditions including all cystic fibrosis, severe asthma and severe Chronic Obstructive Pulmonary Disorder (COPD)</b>	<p>People in this group include:</p> <ul style="list-style-type: none"> <li>• All patients with cystic fibrosis.</li> <li>• If you have asthma you are only in this group if you have severe asthma. Having severe asthma means being on regular inhalers AND long term oral steroid tablets, usually prednisolone, OR regular injections to control your asthma.</li> <li>• If you have COPD you are only in this group if you have severe COPD. This means being too breathless to walk 100 yards, having 2 or more lung infections per year or requiring oxygen to help with your breathing. Usually you will be on several different inhaler medications that include two long acting preventers (Long Acting Beta Agonists and in the last year. Long Acting Anti-Muscarinic Antagonists) and a steroid inhaler.</li> </ul>

	<ul style="list-style-type: none"> <li>• Patients with Pulmonary Hypertension attending the Scottish Pulmonary Vascular Unit and requiring treatment or oxygen therapy</li> </ul>
<p><b>People with rare diseases, including all forms of Interstitial Lung Disease/Sarcoidosis, and inborn errors of metabolism that significantly increase the risk of infections (such as SCID, homozygous sickle cell)</b></p>	<p>There are many conditions classed as a rare disease. Not everyone with a rare disease will be at a higher risk of severe illness from Covid-19.</p> <p>Your clinician will know if you should be in the highest risk group and will make sure that you are added. If you are added to this group you will receive a letter telling you what to do.</p>
<p><b>People on immunosuppression therapies sufficient to significantly increase risk of infection</b></p>	<p>Immunosuppressive therapy may be used to keep a person from rejecting a bone marrow or organ transplant. It may also be used to treat conditions in which the immune system is overactive, such as autoimmune diseases and allergies.</p> <p>This group includes people who may have been prescribed:</p> <ul style="list-style-type: none"> <li>• Azathioprine</li> <li>• Mycophenolate (both types)</li> <li>• Cyclosporin</li> <li>• Sirolimus</li> <li>• Tacrolimus</li> <li>• Patients on long term high dose of steroid treatment at equivalent of Prednisolone greater than or equal to 20mg per day for more than 4 weeks</li> </ul> <p>Your clinician will know if you should be in the highest risk group and will make sure that you are added. If you are added to this group you will receive a letter telling you what to do.</p>
<p><b>People who are pregnant with significant heart disease, congenital or acquired</b></p>	<p>If you are being followed up by a specialist heart clinic during your pregnancy then you fall within this group.</p>

Coronavirus  
Covid-19

## Please remember to wash your hands

Follow the correct hand washing procedure

[www.nhsinform.scot/coronavirus](http://www.nhsinform.scot/coronavirus)



