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

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| **What is this easy read about?** | |
| COVID-19 press conference - 10 August 2020 | Scottish Govern… | Flickr | This is a letter from the Chief Medical Officer of Scotland Dr Gregor Smith |
| Steph | The letter is being sent to **every adult with Down’s Syndrome** in Scotland |
| Steph | This means every person with Down’s Syndrome who is **18 years old or older** |
| List Vulnerable | It means you have been added to something called the **shielding list** |
| C:\Users\lmitchell\Downloads\Cross No (4).pngVirus Shielding | **It does not** mean that you need to start shielding |
| **What is the shielding list?** | |
| Virus Shielding | At the beginning of the coronavirus pandemic some people were shielding |
| Oxygen Mask 2 | Shielding was there to protect people who are likely to become very ill from Coronavirus. |
| Stay Home | Shielding meant doing extra things to stay safe like staying at home at all times |
| List Vulnerable | There is now something called the shielding list |
| C:\Users\lmitchell\Downloads\Cross No (4).pngStay Home | Being on the shielding list does not mean that you have to stay at home all the time |
| List Vulnerable | Being on the shielding list means you will get extra advice and support |
| **Why am I on the shielding list?** | |
| Qualitative research | Experts have been doing research on who has become very ill from coronavirus |
| Oxygen Mask 2  Forget 2 | Their research says that people with Down’s syndrome are more likely to become very ill |
| List Vulnerable | This is why people with Down’s syndrome are now on the shielding list |
| **What should I do now?** | |
| C:\Users\lmitchell\Downloads\Cross No (4).pngVirus Shielding | You **do not** have to start shielding or following different rules |
| Local Restrictions | You should follow the rules in your local area |
| Website Link | You can find out the local rules in your area at [www.gov.scot/coronavirus](http://www.gov.scot/coronavirus) |
| Local Restrictions  Date Nov 2 | The new local rules will start on **November 2nd** |
| List Vulnerable | Being on the shielding list gives you extra advice and support. |
| Shopping Basket 5  Shop Online Food | Like advice and support for shopping |
| Outside | Like advice and support on seeing other people |
| Plan-1 | The Scottish Government will soon send you some information to help you make a personal plan |
| Home inspection 8 | You can speak to friends and family about what to do |
| GP Doctor 1 | You can speak to your doctor |
| GP Doctor 1  C:\Users\lmitchell\Downloads\Cross No (4).pngList Vulnerable | If you do not want to be on the shielding list you can ask your GP to take you off the list |
| **Think 7** | It is important to think about things and make the right decision for you |
| **Would you like text messages with information?** | |
| Text Message | The Scottish Government can send you text messages to your phone |
| Text Message | The text messages will have new information and changes |
| Text Message | If you would like to get them text the red number on your letter to **07860 064525** |
| **How else can I get information?** | |
| Virus Shielding | The Scottish Government will tell you if you need to start shielding |
| Website Link | You can find the latest information at this website:  [www.mygov.scot/shielding](http://www.mygov.scot/shielding) |
| C:\Users\kfleming\Downloads\49756473483_ff98f8ebea_w.jpg | You can watch the daily briefings from the First Minister |
| Phonecall 3 | You can phone the Down’s Syndrome Scotland helpline for more information and support |
| Down's Syndrome Scotland Creative Breaks Grant Programme 2016-17 - Short  Break Stories | The number to call Down’s Syndrome Scotland and speak to someone is **0300 030 2121** |
| FridayMondayTime 08:00 | 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 |
| Mask Home Made | Wear a face covering |
| C:\Users\lmitchell\Downloads\Cross No (4).pngCrowd | Avoid crowded places |
|  | Clean and wash your hands as often as you can |
| Social Distancing | Stay 2 metres away from people |
| Stay Home | Self-isolate and stay at home if you get symptoms |
| **What about the NHS?** | |
| Health Centre Enter | The NHS is still open to help you |
| Letter Health Check | You should still go to any appointments that you have |
| What other things should I think about? | |
| Read letter | There was some further information included in the letter sent to you |
| Point Paper 2 | You or a supporter should try to read all of the information but here are some important things |
| Read letter | You should soon get a letter asking you and anybody you live with to get a flu vaccine |
| Vaccine 2 | You should this get this so you can stay safe from the flu |
| Phonecall3 | If you do not get a letter in the next few weeks call 0800 22 44 88 |
|  |  |
| Walking | Try and get outside for some exercise if you can |
|  | Try and take some Vitamin D to help your health and wellbeing during winter |
| Website Link | Other easy read information can be found at  <https://www.nhsinform.scot/translations/formats/easy-read/coronavirus-covid-19> |