



## Covid-19 update newsletter



### New Guidelines

The UK government issued new guidelines on 22 September because of the increase in the number of new Covid-19 cases. These were followed by similar new restrictions from the devolved governments.

### Why are the restrictions being introduced now?

Deaths from Covid-19 remain low - accounting for only 1% of deaths in England and Wales in the week to 11 September.

But deaths are rising rather than falling for the first time since the beginning of April.

And there are fears that rising numbers of patients in hospital will lead to more fatalities.

### A quick guide to how these restrictions operate is shown below:

### Rules and guidance on meeting up

	England	Scotland	Wales	Northern Ireland
 <b>How many people outdoors?</b>	Six from multiple households	Up to six aged 12+ from two households No household limit for groups of six aged 12 to 18	Up to 30 outdoors	Six from two households in a private garden Up to 15 people in public spaces
 <b>At what distance?</b>	1m 'plus'	2m apart (less in some premises)	2m apart – age 11+ only (less in some premises)	2m apart
 <b>Indoors</b>	Six from multiple households	No social visits to private homes Up to six aged 12+ from two households at other venues	Four households can form one 'extended household' - maximum of six aged 11+ together at one time	No social visits to private homes Up to 15 people at other venues

### What are the restrictions in England?

- Pubs, bars and restaurants to close at 22:00 BST
- They will also be restricted to table service only
- People should work from home wherever possible (see below)
- Face masks compulsory for bar staff and non-seated customers, shop workers and waiters
- Limit on guests at weddings reduced from 30 to 15
- Plans to allow fans to return to sporting events paused
- "Rule of six" now applies to indoor team sports

Fines for not wearing masks or following rules increased to £200 for first offence.

### What are the restrictions in Scotland?

- A ban on meeting in other people's homes
- Up to six people from two different households can meet outdoors, including in private gardens.
- No limit on the number of children under 12 who can meet or play together outdoors.
- Young people aged 12 to 18 are exempt from the two-household limit and can meet outdoors in groups of up to six

Restrictions for Wales and Northern Ireland are broadly in line with England, but are subject to change.

### How does this affect CLL patients?

All CLL patients after diagnosis are in the extremely vulnerable group and, as such, should wherever possible, take measures to protect themselves from the virus. This includes patients on active monitoring ('watch and wait').

### Our recommendations

These are our strong recommendation for all CLL patients:

- If you work, try to work from home. If you must travel to a place of employment ensure you discuss with your employers all options to protect you from infection. In cooperation with the UK CLL Forum, we have produced a letter, which you may need to take to your employer to confirm that you are in the extremely vulnerable group. You can find this [here](#)

- If you do have to work and cannot work from home, please discuss with your employees how to make your work as Covid safe as possible. Here is a government website with workplace guidance:

<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19>

- You should plan all necessary trips carefully ensuring facemasks, distancing and washing of hands after each trip.

- If you do need visits from people who provide essential support to you such as healthcare, personal support with daily needs or social care, they may continue, but:

- All people coming to your house should wash their hands on arriving at your house and frequently while they are there. You should do the same.

- Have supplies delivered and left at the doorstep. Patients should wash their hands having opened their post each morning and wash their hands after they've put any delivered shopping away

- Keep at least 2 metres from any delivery person or other people who may call.

- If you are living with other people, they should follow government guidelines and hygiene practices.

### What to do if you feel you have caught the virus

If you think you might be experiencing symptoms or have been exposed to the virus, you should:

- Phone NHS 111. Make sure you tell the person you speak to that you have leukaemia and are a high-risk patient.
- Inform your haematology care team so that they are aware.

### A reminder- book your flu jab!

We've mentioned this before, but:

It's even more important now to make sure you have a vaccination for flu.

G.P.s are already starting to book appointments and as there is sure to be a big demand, we suggest you book your doctor now. As an alternative, most chemists, including Boots, offer vaccinations on the NHS.

There is some research that having the vaccination in the morning provides greater protection, although this may vary from person to person, and the exact mechanism is not clearly understood at present.

### Finally

We trust you and your family will stay safe in these difficult times. We will continue to do our best to bring you the latest information and advice as soon as we can.