

Covid-19 update

New lockdown explained

New Guidelines

The UK government issued new lockdown guidelines for England effective from Thursday 5 November because of the rapid increase in the number of new Covid-19 cases.

Please note that there are separate restrictions in place for each of the devolved nations. Details of these can be found below.

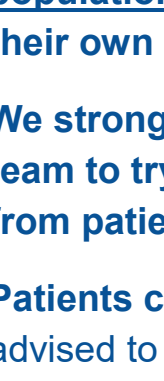
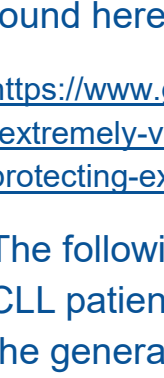
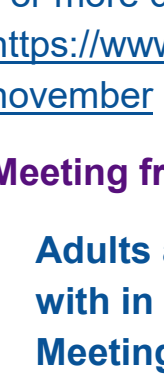
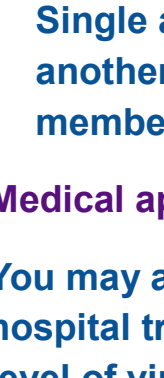
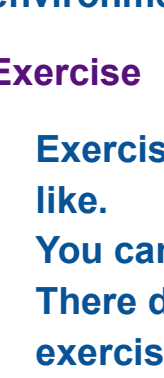

Why are the restrictions being introduced now?

The key information the government has been looking at is the number of cases, hospital admissions and deaths.

The Real-Time Assessment of Community Transmission (REACT) study at Imperial College, London, is the most up to date assessment of Covid-19 in the country with nearly 86,000 volunteers taking part. It shows that cases are rising in every age group and in every region of England.

According to the latest information, the UK has 10,000 people in hospital with Covid-19 and 900 people in Intensive Care Units from complications. The projections are that we could have up to 25,000 people going into hospital in the next month if we don't do something else. Both France and Germany have gone into national lockdown and we are now doing the same.

A quick guide to how the restrictions in England operate is shown below:

-  Pubs and restaurants closed but takeaways permitted
-  Non-essential shops, leisure and entertainment venues closed
-  No households mixing indoors, or in private gardens, unless in your support bubble
-  Stay home – only leave for specific reasons including education and work
-  Schools, universities and colleges remain open
-  Outdoor recreation encouraged, you can meet one person outside your household

What you can and cannot do.

Please bear in mind that these are rules for the general population. CLL patients and their families will need to assess their own level of risk according to their own vulnerability.

We strongly suggest that patients contact their medical support team to try to determine their own level of risk, which will vary from patient to patient.

Patients classified as clinically extremely vulnerable are being advised to shield. As previously, these patients will receive a government letter giving advice. The full government advice can be found here:

<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#cev>

The following is a summary of some of the key points that may affect CLL patients and their families. Please bear in mind that these refer to the general population, **not** CLL Patients, who should shield.

For more detailed information, please refer to the government website. <https://www.gov.uk/guidance/new-national-restrictions-from-5-november>

Meeting friends and family

- Adults are allowed to meet one other person they do not live with in public outdoor places.
- Meeting in private gardens is not allowed.
- You cannot meet in groups outside.
- Single adult households who have support bubbles with another household may meet indoors, but other family members and friends cannot visit one another inside homes.

Medical appointments

You may attend medical appointments, although individual hospital trusts may make separate decisions according to the level of virus in the area and their ability to create a safe environment. Please check with your health care team.

Exercise

- Exercise is allowed outdoors for as long and as often as you like.
- You can meet up with one other person to do so.
- There does not appear to be any restriction on travelling to exercise.

Work

- Anyone who can work from home should do so.
- Key workers, including those working in education should continue to work.
- Construction and manufacturing will not be closed down

Travel

- You cannot travel for tourism or leisure.
- You may not travel to a second home.
- Package holidays booked after Thursday will be cancelled.

Current restrictions in other UK countries:

Please note that the following are subject to change as each individual country adjusts its policy.

Wales

A two-week lockdown came into force on 23 October. This is due to be reviewed on 6 November, and details may be announced earlier. You can find the latest information here: <https://gov.wales/coronavirus>

Scotland

Scotland has introduced a five-tier system which varies from region to region. It is important, therefore, to check which tier your region is officially under. You can find out more here: <https://www.gov.scot/coronavirus-covid-19/>

Northern Ireland

New regulations came into force on 16 October for a period of four weeks. They are due to be reviewed on or before 13 November. These regulations differ from other regions and details can be found here: <https://www.nidirect.gov.uk/campaigns/coronavirus-covid-19>

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 recommendation for all CLL patients. We appreciate that these can be difficult for many, but they are intended to protect you.

- If you are working, you should not travel to work. You should only work from home.
- 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 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.

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.