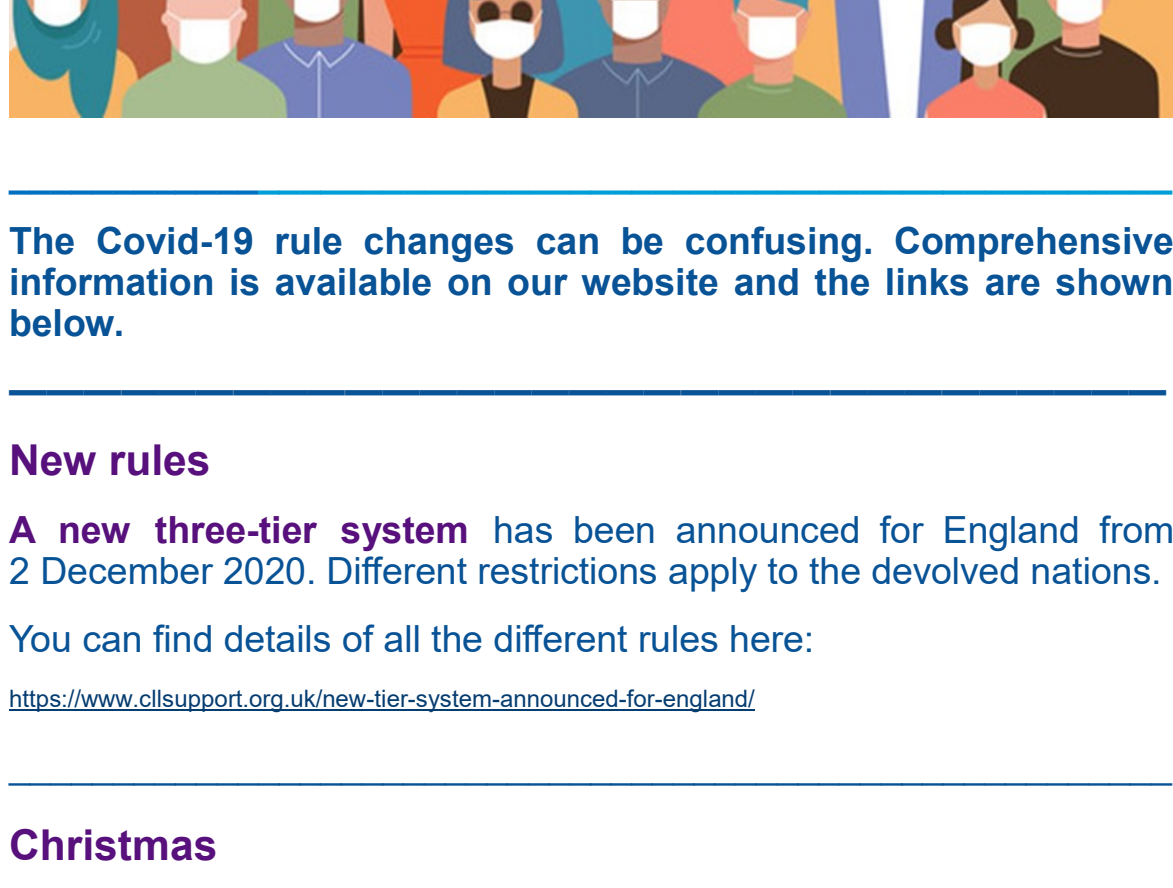




## Covid-19 update

### New lockdown rules explained



**The Covid-19 rule changes can be confusing. Comprehensive information is available on our website and the links are shown below.**

#### New rules

**A new three-tier system** has been announced for England from 2 December 2020. Different restrictions apply to the devolved nations.

You can find details of all the different rules here:

<https://www.clisupport.org.uk/new-tier-system-announced-for-england/>

#### Christmas

**There are relaxations in these rules for the Christmas period** between 23 and 27 December. It is hoped that all the devolved nations will have the same relaxation. Northern Ireland will have two extra days, to help with travel.

You can find details of all the relevant rules here:

<https://www.clisupport.org.uk/new-covid-19-christmas-restrictions-announced/>

#### Other news

##### Vaccinations

The UK government has issued preliminary guidance on who will be vaccinated against Covid-19 when vaccinations become available.

This is as follows:

1. Older adults resident in a care home and care home workers. All those 80 years of age and over and health and social care workers. **The priority list now also includes people who are clinically extremely vulnerable, including people with blood cancer, and adults living with clinically extremely vulnerable people.**
2. All those 75 years of age and over
3. All those 70 years of age and over
4. All those 65 years of age and over
5. High-risk adults under 65 years of age
6. Moderate-risk adults under 65 years of age
7. All those 60 years of age and over
8. All those 55 years of age and over
9. All those 50 years of age and over
10. Rest of the population (priority to be determined)

Our current information is that vaccinations may start before Christmas, subject to approval by the **Medicine and Healthcare Regulatory Authority (MHRA)**.

##### Vitamin D

The government has issued new guidance on vitamin D supplements, and this can be found here:

<https://www.gov.uk/government/publications/vitamin-d-supplementation-during-winter-phe-and-nice-statement/statement-from-phe-and-nice-on-vitamin-d-supplementation-during-winter>

Vitamin D can't be stored by the body and is mostly derived from exposure to sunlight. In the winter, and particularly when people are staying more indoors during the current lockdown, it can be difficult to get enough of this vitamin. Vitamin D supplements are relatively cheap and may be beneficial.

Before deciding to take Vitamin D supplements, we suggest you should check with your medical team first. This is particularly

important if you are in treatment.

#### How does all 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'). Ultimately, it will be up to each individual to assess what level of risk they are prepared to take, and we suggest that you should contact your medical team to discuss this.**

#### 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.
- 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. Wear masks if possible.
- 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.**