

# 26th February 2021

## Weekly News and Keeping Well Tips



Inclusion North will give you the Government's big messages here.

### Vaccines for people with a learning disability

Organisations have been campaigning for people with a learning disability to be part of the first groups of people to be offered a Covid-19 vaccine.

This week the Government have said that all people with a learning disability can be part of priority group 6.

This means that people who are on a GP Learning Disability Register will start to be asked to go and get a vaccine.

A GP is your local general doctor.

If you are not sure whether you are on your GP Learning Disability Register there are some things you can do to check.





You can

- Ring your doctors and ask if you are on the Learning Disability Register.
- Speak to someone you trust like a member of your family, carer or friend if you are worried or need some help to check you are on the register.



## Shielding Letters



The government have added lots of new people to the list of people who need to be shielding.



This is because they know more now about the kinds of things that make people at risk of being very poorly and needing to go to hospital if they catch the virus.



These are things like

- Being older
- How much you weigh and how tall you are
- If you were born male or female
- Ethnicity – the colour of your skin or the country you were born in
- Some medical conditions and disabilities





If you have received a letter you might be worried. Talk to someone you trust about it.



If you have had a letter to shield you should

- Stay at home as much as possible
- Work from home, you should not go out to work
- Not go to school, college or university
- Not go shopping for food or to collect medicine. You can ask someone to go for you, order food shopping online or speak to your local council and they can help you get your food and medicines.



You can leave your home to

- Exercise, but try to stay away from busy places and people you do not live with or are not part of your support bubble
- Go to doctors or hospital appointments
- Go for your Covid-19 vaccine



People are being told to shield until the 31<sup>st</sup> March.



The NHS will send out another letter to tell you if you have to keep shielding after the 31<sup>st</sup> March.



## Keeping well tips

If you have not had your vaccine and you have a learning disability, check with your doctors surgery that you are on the Learning Disability Register.



Think about some new activities you might like to do when the lockdown ends.



If you are worried about all of the changes that might happen when lockdown ends, phone a friend or someone you trust and ask them if they feel the same.