General Advice for Protection of Immunocompromised

- Follow government guidelines daily during a Pandemic; this may include self-isolating, social distancing or total shielding (staying at home continuously without visitors) or wearing a face mask in public places.
- Always carry tissues with you and use them to catch your cough or sneeze. Then bin the tissue, and wash your hands or use a sanitiser gel.
- Wash your hands often with soap and water, especially after using public transport. Use a sanitiser gel if soap and water are not available.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with those who are unwell.
- Regularly clean the surfaces and door handles that you use, and your mobile phone and lap-top.
- Be vaccinated against seasonal flu (unless advised not to by your GP).
- Take vitamin D supplement minimum dose 10 micrograms/daily (unless advised not to by your GP).
- Practice limited social distancing by avoiding crowds and gatherings (minimum 2 metres distance for less than 15 minutes; this may change depending on government guidelines).
- Seek medical care early, if you have a fever, cough and difficulty breathing.
- Share previous travel history with your health providers.
- When visiting live markets, avoid direct unprotected contact with animals and surfaces in contact with animals.
- Avoid the consumption of raw or undercooked animal products and follow good food safety practices (Handle raw meat, milk or animal organs with care to avoid cross-contamination with uncooked foods).