

# Support for People in North Ayrshire Shielding in Relation to the Coronavirus

## SHIELDING

Shielding is a range of measures that can be taken to protect extremely vulnerable people from coming into contact with coronavirus, by minimising all interaction between them and others. You should have had a letter from the Chief Medical Officer if this applies to you.

## SUPPORT

We understand that this means the practical aspects of daily life may become very difficult for you and you might feel worried and isolated. You may need help with things like getting food, making sure you have enough money, getting your prescription or your wellbeing. If you don't have any family or friends that can support you during this very difficult time then please get in touch.

**Telephone North Ayrshire Council: 01294 310000**

### Helpful Links

#### Advice on shielding

[www.nhsinform.scot](http://www.nhsinform.scot)

#### Information on other local support

[www.northayrshire.community/covid-19-updates-for-communities](http://www.northayrshire.community/covid-19-updates-for-communities)



North Ayrshire  
Community Planning Partnership



**NORTH AYRSHIRE**  
Health and Social Care  
Partnership



North Ayrshire Council  
Comhairle Siorrachd Air a Tuath