

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. If you need help with things like getting food, making sure you have enough money, getting your prescription or your wellbeing you can get in touch with us.

Telephone North Ayrshire Council: 01294 310000

Helpful Links
Advice on shielding
www.nhsinform.scot

Information on other local support
www.northayrshire.community/covid-19-updates-for-communities



