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COVID-19: people with MGUS on Outreach monitoring

All people with MGUS monitored by the HMDS Outreach service have a higher risk of COVID-19 illness as a result of their blood disorder. A diagnosis of MGUS confers "clinically vulnerable" or moderate risk status. The guidance is the similar for everybody in England:

<https://www.gov.uk/government/publications/staying-alert-and-safe-social-distancing/staying-alert-and-safe-social-distancing>

As restrictions begin to ease, the clinically vulnerable should continue to take particular care. You are advised to stay at home as much as possible and, if you do go out, to minimise contact with others outside your household. Most people on the HMDS Outreach service who are in the clinically vulnerable group usually have additional risk factors for COVID-19 illness, including some evidence of immune suppression. For this reason, it is recommended to follow the guidance for clinically extremely vulnerable guidance as much as possible. The current NHS advice for people in this group can be found at:

<https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

We have previously sent information about your MGUS-associated COVID risk status to your GP surgery. For other questions about your overall COVID-19 risk status please contact your GP.

If you are continuing to work or have any face-to-face appointments, please let your employer or service provider know about your risk category as they may need to make special arrangements. Please contact us if an employer or service provider needs a letter to confirm that you have a disorder that requires you to be very strict with social distancing.

If you receive (or have already received) a pack, please contact your GP practice to ensure that they can collect the blood samples safely. In most cases it is not urgent to have the blood samples collected immediately. If you would prefer to avoid having the blood samples taken at the moment, please contact us to check if you need to get the samples taken.

If you have an email address, please email "leedsth-tr.HMDSOutreach@nhs.net" so that we can contact you rapidly if the situation changes. You can also call on 0113 206 7851 and ask to speak to Vicky or Andy but please be aware that call volumes are high at the moment.

For questions about COVID-19 symptoms please go to <https://111.nhs.uk> or call 111. For the latest NHS information please go to <https://www.nhs.uk/conditions/coronavirus-covid-19/>

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