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Outreach monitoring for people with MGUS during the coronavirus pandemic

Our laboratories are operating at full capacity for monitoring your disorder during the pandemic. If you receive (or have already received) a pack for monitoring, please contact your GP practice to see if they can collect the blood samples safely. If this is not possible please contact us to arrange an alternative place where you can get your blood samples taken. In most cases it is not urgent to have the blood samples collected immediately but it is important that your disorder is monitored regularly. If you would prefer to avoid having the blood samples taken at the moment, please contact us to check if it is clinically important to have your blood samples collected without delay.

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. People with MGUS should have a COVID-19 vaccine when it is offered unless they have had a severe allergic reaction to any of the vaccine components before. 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>

The clinically vulnerable should 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 monitored through the HMDS Outreach service who are in the clinically vulnerable group usually have additional risk factors for COVID-19 illness, including age and/or 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 COVID-19 vaccination or 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 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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