



Paul Popham Fund
Renal Support Wales
"Believe in yourself"

5-step personal risk assessment for 'un-shielding'

Since the 16 August, government advice has been that shielding is not currently necessary, unless expressly advised otherwise by a medical professional. Some transplant patients and those on the waiting list may have been advised to continue, so please clarify with your transplant team for advice regarding your specific circumstances.



The Chief Medical Officer for Wales has written to all people on the shielding list, advising that they can now follow the same rules as the rest of the population. However, it is worth remembering that advice and guidelines are just what they say they are, and everyone should do what they're comfortable with - at their pace.

It's also worth remembering that, while the restrictions are being relaxed, all shielding patients' details are kept on government records and they may be asked to shield again at some future time.

With all this in mind, here at the **Paul Popham Fund**, we have come up with a **5-step personal risk assessment** to help you and your family prepare for venturing back out into the world at large:

1

IDENTIFY

What are the risks you may face when coming out of shielding? Going to the supermarket or back to school, going to a restaurant for a meal as a family, meeting friends, shopping for school clothes, doctor or hospital appointments.



continued overleaf

2

CONSIDER

What could put you at risk? Carrying a shopping basket? Entering a restaurant and eating alongside others? At school how are desks distributed, 2 metres apart?



FIND OUT

What is in the place you are going to? Does the school's restaurant have procedures in place to minimise risk?

3

4

PLAN AHEAD

Put a plan in place to keep you, your child and family safe, know what you will do when you get to the restaurant or your child goes back to school and try to follow it.



REVIEW

Once you have had your first experience, review what it was like and decide what you would do next time to keep you and everyone around you as safe as possible.

5

Try and think of all the situations you might find yourself in, so that you are well prepared for all eventualities – this should help reduce any anxiety you might feel.

Above all else, do only what you feel comfortable with in order to continue to keep you and your family safe. If you find yourself in an environment or set of circumstances that you feel may be unsafe, with increased risk, you should use your judgment and trust your instincts – don't be afraid to tell people of your concerns.

If you have any worries concerning these issues, please contact our careline on 0800 038 8989 or email support@paulpopham.co.uk