

## PRESS RELEASE

### Local health leaders urge people to keep up the fight against coronavirus by staying at home

The NHS in Norfolk and Waveney is encouraging local people to keep up the fight against coronavirus (Covid-19) by following the latest Government advice and staying at home.

A new Government campaign launched this week called Stay Home, Save Lives which reinforces the single most important action we can now all take, in fighting coronavirus – is **to stay at home in order to protect the NHS and save lives.**

Dr Anoop Dhesi, a GP at Stalham and Chair of NHS Norfolk and Waveney Clinical Commissioning Group, said: “We’re asking everyone to help save lives, by staying at home because anyone can spread coronavirus.

“Only leave your home to shop for basic necessities, to pick up medicine or to provide care to those who need it or to exercise once a day, alone or with members of your household.

“Only travel to work when you absolutely cannot work from home.

“If you have to go out for any of these reasons always stay two metres apart.

“Do not meet others outside your household; even friends and family. The message is simple stay home. Protect the NHS. Save lives.”

It comes as letters are sent to vulnerable patients urging them to shield themselves from the virus by staying at home and avoiding face-to-face contact for the next 12 weeks.

The letters provide information about accessing health and social care during this time and extra support available for them, their families and carers.

All those who receive a letter are encouraged to register now by going to [www.gov.uk/coronavirus-extremely-vulnerable](http://www.gov.uk/coronavirus-extremely-vulnerable) or call 0800 028 8327, the Government’s dedicated helpline.

This will tell whether or not they are in touch with friends, family or a support network in their community who can support them to get food and medicine, and follow the advice in the letter they have received.

**NHS Norfolk and Waveney comes into being on Wednesday 1 April 2020, following the planned merger of the current five NHS CCGs.**

Issued by: Emily Arbon, Communications Manager  
The NHS Clinical Commissioning Groups, Norfolk and Waveney  
Tel: 07775117643