



MAPLE HEALTHCARE
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18th March 2020

To whom it may concern,

As per UK government advice effective 16th March 2020, those people who are at increased risk of severe illness from coronavirus (COVID-19) are to be particularly stringent in following social distancing measures.

This group includes those who are:

- aged 70 or older (regardless of medical conditions)
- under 70 with an underlying health condition listed below (i.e. anyone instructed to get a flu jab as an adult each year on medical grounds):
 - chronic (long-term) respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
 - chronic heart disease, such as heart failure
 - chronic kidney disease
 - chronic liver disease, such as hepatitis
 - chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS), a learning disability or cerebral palsy
 - diabetes
 - problems with your spleen – for example, sickle cell disease or if you have had your spleen removed
 - a weakened immune system as the result of conditions such as HIV and AIDS, or medicines such as steroid tablets or chemotherapy
 - being seriously overweight (a body mass index (BMI) of 40 or above)
- those who are pregnant

Dr Dolan, Dr Latimer, Dr McCaffrey, Dr Porteous, Dr Wright, Dr Cromie, Dr McManus
Practice Manager Maria Nugent-Murphy

Further information can be found at <https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults>

Please note that the worldwide coronavirus situation is ongoing and developing daily. To ensure the extra workload generated is managed appropriately and to ensure our teams can concentrate on the delivery of front-line clinical services, Maple Healthcare will currently not be issuing statements of fitness to fly/travel, or any other certificates requested in relation to travelling or otherwise related to current coronavirus situation.

Accordingly, travel is undertaken at the risk and discretion of individual patients. We encourage any prospective travellers to closely monitor and follow national guidance that is published daily by the Foreign and Commonwealth Office (www.gov.uk) and the NHS (www.nhs.uk)

Guidance for employees, employers and businesses in providing advice about the novel coronavirus, COVID-19 can be found at: <https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19>

I confirm that I am a patient at Maple Healthcare; and confirm that I meet the requirements for: [tick or cross as appropriate below]

- Self-isolation for 7 days as I have symptoms of COVID-19 [see link below for self-certification form for 7 days]
- Self-isolation for 14 days as I live with someone who has symptoms of COVID-19
- Social distancing and as I am in one of the ‘at risk groups’ per the aforementioned guidance.

Further information can be found at:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

Self-certification form:

<https://www.gov.uk/government/publications/statutory-sick-pay-employees-statement-of-sickness-sc2>

Name:.....

Signed:.....

Date:.....

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