










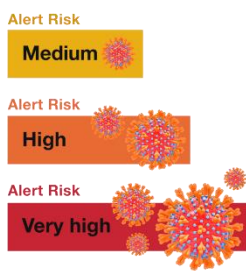




Guidance on protecting people most likely to get very poorly from coronavirus (COVID-19) (shielding)



October 2020





Who this guidance is for	
	This guidance is for people most likely to get very poorly from coronavirus (COVID-19).
What this guidance is for	
	This is an update to replace the old guidance.

	<p>In March, most people were asked to stay at home most of the time.</p>
	<p>Some people were asked to stay at home all the time because they could become very poorly if they caught coronavirus. This was called 'shielding'.</p>
	<p>These people would have been told that they needed to be shielded by the NHS or their doctor.</p>
	<p>Shielding finished in August because less people were getting the virus.</p>
<p>What has changed?</p>	
	<p>In some parts of the country, more people are getting the virus.</p> <p>This means people who were shielding before August now need to be extra careful.</p>

	<p>They will not need to stay at home all the time, unless they get a new letter from the government telling them to shield.</p>
	<p>Different parts of England have different shielding rules depending on how many people there have caught the virus.</p>
	<p>Some areas are medium, some are high, and some are very high.</p>
	<p>If you can go on the internet, you can find out if where you live is medium, high or very high by clicking here.</p>
<p>General advice for people living in all areas of England</p>	
	<p>Mixing with other people</p> <p>Wash your hands with soap and water lots of times during the day.</p> <p>Try not to touch your face.</p>

   	<p>Don't spend too much time with people unless you live with them or they provide care for you.</p> <p>Don't sit or stand close to people who do not usually live in your house or care for you.</p> <p>If the rules where you live allow you to meet other people, try to meet them outdoors.</p> <p>If you meet people indoors, open windows to let fresh air in.</p>
 	<p>Work</p> <p>If you work, try to work from home.</p> <p>If you need to spend money so you can work from home, you might be able to get help from Access to work. To find out more, click here.</p>

	<p>If you have had a letter telling you to shield and you can't work from home, your boss must make sure your workplace is safe for you to go in to.</p> <p>If you are worried about health and safety at your workplace, tell your union, your council or the health and safety executive.</p> <p>To find out more, click here.</p> <p>If you are worried about your work, you can get advice from ACAS about your rights.</p> <p>To find out more, phone the ACAS helpline on 0300 123 1100 or click here.</p>
	<p>Travel</p> <p>Try not to travel on buses and trains. If you have to, go at quiet times and wear a face covering if you can.</p>

	<p>Travelling in a car could be safer, but try not to travel in a car with anyone who does not live with or care for you.</p>
	<p>School</p> <p>You can still go to school unless your GP or hospital doctor has told you not to.</p>
	<p>Shopping</p> <p>If you go to shops, go at quieter times and wear a face covering if you can.</p> <p>If you need help getting shopping or medicines, ring volunteer support 0808 196 3646 (8am to 8pm) or to arrange online, click here.</p>
	<p>Getting extra care and support</p> <p>Your doctor will still be there to support you if you need them.</p> <p>If you feel ill, ring 111 for advice. Ring 999 in an emergency.</p> <p>If you are feeling upset or worried, Every Mind Matters is a website with useful information – to find out more, click here.</p>

Extra rules and advice for people living in areas that have medium alert levels



Lots of the guidance is the same as in the general advice section of this guide, but there are some extra rules you **must** follow.

If you meet people who do not live with you, or who are in your support bubble, you **must not** meet in a group of more than 6, indoors or outdoors.

People who support or care for you can still visit. If they need to get close, they will wear facemasks and possibly gloves and aprons.

Extra rules and advice for people living in areas that have high alert levels



Lots of the guidance is the same as in the general advice section of this guide, but there are some extra rules you **must** follow.

You can only mix indoors, anywhere, with people you live with or who are in your support bubble.



You can go **inside** places like restaurants and pubs, but only with people you live with or who are in your support bubble. Groups can't be bigger than 6.



You can sit in **outside** areas of restaurants and pubs with people you don't live with or who are in your support bubble. Groups can't be bigger than 6.



Try not to use public transport unless you really must.



You can go outside for exercise, but try to avoid mixing with people you do not usually spend time with. Groups can't be bigger than 6.



Try to shop online if you can.

Extra rules and advice for people living in areas that have very high alert levels



Lots of the guidance is the same as in the general advice section of this guide, but to stay safe and well, you **should** try to stay at home as much as possible.

There are also some extra rules you **must** follow.




You can go outside for exercise, but try to go at quiet times.

You can meet people you do not live with or who are not in your support bubble outdoors.

You can only meet in groups of 6 or less and only in certain places such as:

- parks, beaches, countryside and forests
- public gardens and allotments
- outdoor sports courts and facilities, and playgrounds

You must still not get close to people.

Shielding	
	<p>Some adults and children have a health condition that means they are most likely to get very poorly and must go to hospital if they get coronavirus.</p>
	<p>They might need to do more than other people to try to stop themselves getting coronavirus.</p> <p>This is also known as ‘shielding’.</p> <p>The government will write to people if they think they need to shield.</p>
	<p>Work</p> <p>If you get a letter telling you to shield, work from home if you can.</p> <p>If you can’t do your work from home, do not go into your workplace.</p> <p>You might be able to get sick pay and other benefits. You can use the letter to show why you are claiming benefits.</p>

 	<p>School</p> <p>Children who get a letter advising them to shield should not go to school.</p> <p>The school will make sure they can learn from home.</p>
    	<p>Mixing with others</p> <p>Stay at home as much as possible and do not travel.</p> <p>Try to keep 2 metres away from the other people you live with.</p> <p>This is especially important if they have symptoms of coronavirus or have been told to stay home and away from other people.</p> <p>You can go outside, and you can still meet people who are in your support bubble, but try to avoid busy places.</p> <p>Shopping</p> <p>Do shopping online or arrange for friends and family to collect your shopping and leave it outside your door.</p>



They must not come into your home and you should not go outside to meet them.

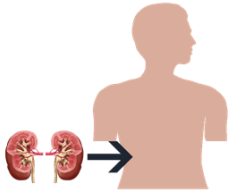
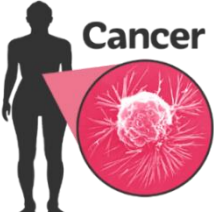



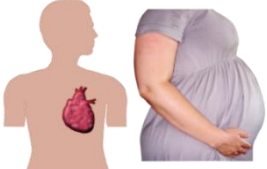
NHS Volunteer Responders can also help pick up and deliver your shopping to you.

If friends and family can't collect your medicine, tell your pharmacy (chemist) and they will arrange to have medicines delivered to you for free.

To arrange volunteer support, phone **0808 196 3646** (8am to 8pm), or to arrange online, click [here](#).

If you have problems getting food, your local council can help.

If you are asked to shield, you will get more information about extra support and how to get it in the letter.

Who is most likely to get very poorly from coronavirus?	
	People who: 1. Have had transplants – like kidney or liver transplants.
	2. Are having treatments for some cancers.
	3. Have long-term lung disease.
	4. Were born with conditions that make the body, blood and cells work differently – which might mean they are more likely to get infections.
	5. Are taking drugs that reduce the body's responses for fighting infections.
	6. Are pregnant with significant heart disease.

The pictures in this summary are from Photosymbols:
<https://www.photosymbols.com/> and <https://www.nsu.govt.nz/pregnancy-newborn-screening/newborn-metabolic-screening-programme-heel-prick-test>