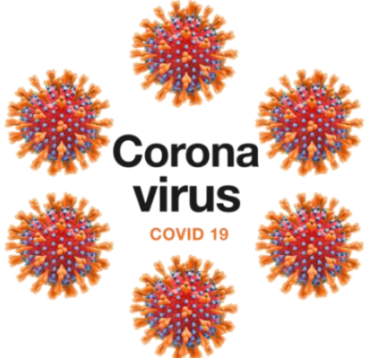





Coronavirus (COVID-19)

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

June 2020

	<p>COVID-19 is a new illness. Lots of people call it coronavirus.</p> <p>It can affect your lungs and your breathing.</p>
	<p>Symptoms of coronavirus are:</p> <ol style="list-style-type: none">a high temperaturea new cough where you keep on coughing. This means coughing a lot for more than an hour or three or more episodes of coughing in a day.change to, or losing your sense of smell or taste.

Shielding guidance has changed - why?



Not as many people are catching coronavirus.

What is changing and when?



People who are **most likely to get very poorly** must still be careful, but some advice has changed.



From 6 July:



People who are **most likely to get very poorly (shielding)**, can meet other people outdoors, even if they do not live together.

They can meet up to 6 people.

They must still be very careful to stay apart.



People who the government has arranged for food boxes and medicine to be delivered to will carry on receiving them until the end of July.



People who live on their own can spend time with **one** other household. This means you can spend time with all of the people who live together in that house.

This is called a “**support bubble**”



If you live on your own and form a social bubble with one other house, you don't need to keep away (social distance) from people in the other house.



From 1 August shielding is likely to be paused.

This means it will stop for now, unless the chance of catching Coronavirus gets higher again.

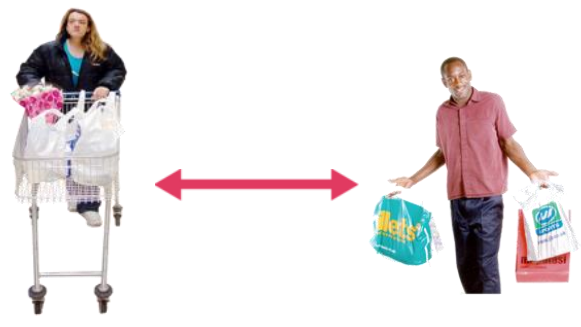


People who are **most likely to get very poorly (shielding)**, should still try to keep away (social distance) from other people not in their support bubble.



If you cannot work from home you can go back to work if your workplace is COVID safe. Talk to your employer about this.

You can go back to school in the same way as other people at your school can go back.



You can visit shops to buy food

and go to church, mosque or synagogue or other religious building.

What you should keep doing before the changes in July and August



If you had a letter telling you to shield and you haven't registered for support, you should do that now to get help until 31 July.



(This is an example number only)

Click here to register online.

Or call **0800 028 8327**

You will need your NHS number to register. This will be at the top of the letter you have received or on any prescriptions.

Washing hands and staying clean



If you might get very poorly from coronavirus it is especially important to wash your hands often.



wash your hands for 20 seconds

- use soap and water
- use hand sanitiser (gel) if there is no soap and water when you are out



make sure you wash your hands when:

- you come home
- you visit other places
- before you touch food

Living with other people



Other people who live in your house do not need to shield themselves.

They can help you stay safe by following the guidance on staying alert and safe (**social distancing**).

They should try to keep away from you.



There are other things everyone can do to try to stop the virus spreading. These include:

1. Using a different bathroom if possible.

If you use the same bathroom clean it each time after you use it. Wipe all surfaces you have touched using strong household cleaner (disinfectant).



2. Using different towels.



3. Not using the kitchen at the same time.



4. Cleaning surfaces you often touch in the kitchen and other rooms in your house several times a day, such as:

- door handles
- handrails
- remote controls
- table tops

Use household cleaner (detergent).



5. Using a dishwasher. If this is not possible, use a different tea towel to dry each person's things.



6. Everyone should keep washing their hands lots of times during the day with soap and water for 20 seconds.

Going outdoors and seeing friends – what you can do before the changes happen



If you are **most likely to get very poorly**, you are able to spend time outdoors if you want to.

You can go outdoors with the people you live with.

You can also meet up outdoors with one other person you do not live with. Ideally, this should be the same person each time.

You should:

✓ be very strict about staying away from other people

✓ stay away from anyone who has coronavirus symptoms



✓ If you meet in someone's garden and need the loo, make sure you wash your hands after.



Until 1 August you should not:

✗ • go inside any buildings or shops

This includes gatherings of friends and families in private spaces like houses, and at weddings and religious services.



✗ If you have a picnic with friends outdoors- do not share cups and plates



✗ If you are in someone's garden and need the loo, try not to touch things when you are there.

✗ Do not go anywhere else in the house.

Help with food and medicines if you're shielding until August



You should arrange for other people to bring you the things you need, like food, and leave them outside your door.

They should not come into your home and you should not go outside to meet them. If you'd like help with your shopping NHS Volunteer Responders can also pick up and deliver your shopping to you.

They can also pick up prescriptions or any other essentials you need.



To arrange volunteer support phone **0800 196 3646** (8am to 8pm), or to arrange online [click here](#).

If you can't get the help you need the government can help by delivering essential supplies and support. To find out how [click here](#).

If you urgently need food or care contact your local council.

Getting your prescriptions



You can ask friends or family to get your medication for you.

If they cannot do this you can contact your pharmacy and ask them to deliver it.

If that is not possible go to www.gov.uk/coronavirus-extremely-vulnerable to ask for help or call **0800 028 8327**

Visits from essential carers

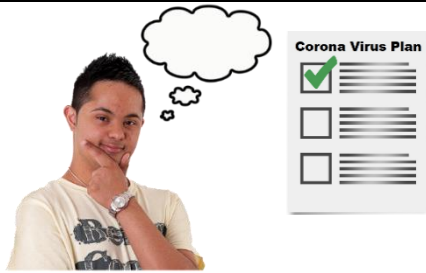


If other people help you with things you must do (like washing, dressing, going to the toilet or eating) this can carry on.

Paid care workers can find more information about how they can protect you in the [home care provision guidance](#). Family and friend carers may also find this helpful. Nurses or doctors can also carry on visiting you.

But, if anyone who cares for you has coronavirus symptoms they must stay away.

If your main carer becomes unwell



Make a plan about who will care for you if the people who usually care for you are not able to. Talk to your carers about this.



If you're not sure who else would be able to care for you, contact your local council for advice.



Use the phone or internet to keep in touch with other people.

This includes health and social services, if you need them.



If you have GP or other health appointments while you are shielding it is best that these happen by phone if possible.

Contact your GP or health service for advice. Explain that you are shielding and **most likely to get very poorly** from coronavirus.

If you develop symptoms (feel poorly)



If you have symptoms of coronavirus you should **stay at home** and arrange a test straight away.

Do this online by [clicking here](#). If you do not have internet access phone **NHS 119**.

In an emergency contact **999**.



Get one bag ready in case you become poorly and need to go to hospital.

This will help the NHS give you the best care.

Your bag should include:

- emergency contact details
- a list of the medications you take (including how much you take and how often)
- information about planned care appointments
- things for an overnight stay like medication, pyjamas, toothbrush and snacks
- your advanced care plan (only if you have one)



Looking after your wellbeing



Make sure you look after your wellbeing.



✓ spend time doing things you enjoy



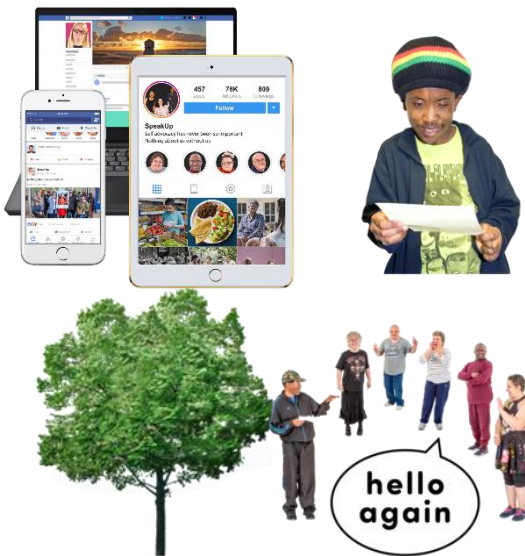
✓ look on the internet for ideas of exercises you can do at home



✓ [Click here](#) to find free 10-minute videos from PHE or [click here](#) for other exercise videos to try at home on the NHS fitness studio



✓ try to eat healthy meals and drink enough water



✓ go outside into the garden if you have one

✓ open windows to let fresh air in and get some sunlight

✓ stay connected with family and friends

Working



You may have stopped work if you were shielding.

If you go back to work:

Ask your boss if you can work from home



Talk to your boss about working when it is not busy and you can stay apart from others

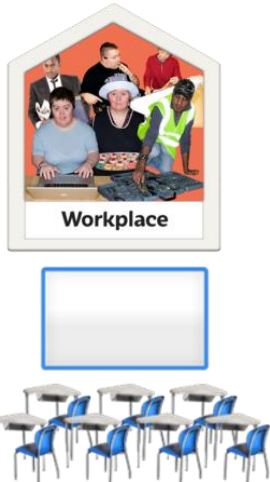


If you had to stop work you might be able to get sick pay or money from the government.

Who is this guidance for?



- all adults and children who are **most likely to get very poorly from coronavirus (people who are shielding)**.
- their family, friends and carers.



People who live with someone who is **most likely to get very poorly** can find advice about:

- schools by [clicking here](#)
- the workplace by [clicking here](#).

What is shielding?



Some adults and children have a health condition that means they are **most likely to get very poorly** and have to go to hospital if they get coronavirus



People who are **most likely to get very poorly** from coronavirus need to do more than other people to try to stop themselves getting coronavirus.

This is also known as 'shielding'.

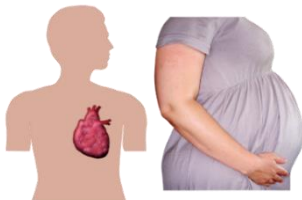
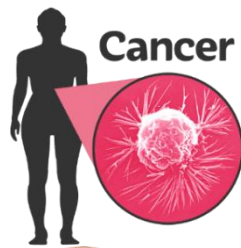
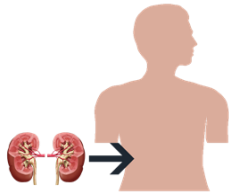


Families, supporters and carers also need to do more to help people **most likely to get very poorly** from coronavirus.

They should read the full guidance for more information. They can read it by [clicking here](#).

Who are 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. are taking drugs that reduce the body's responses for fighting infections
5. are pregnant with significant heart disease.

The pictures in this summary are from
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