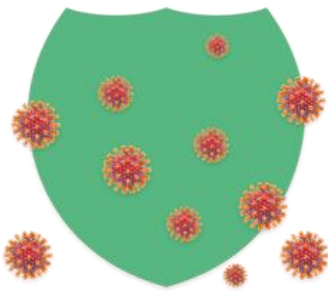


The government has released some new guidance on protecting people most likely to get very poorly from coronavirus.



This information is for people who have been shielding.

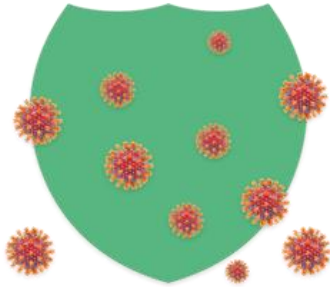


Coronavirus is a new illness. Lots of people call it Covid-19. It can affect your lungs and your breathing

Symptoms of coronavirus are:

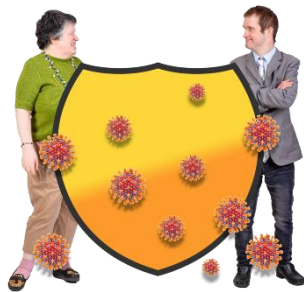
- High temperature
- New cough where you keep on coughing.
- This means coughing a lot for more than an hour, or 3 or more episodes of coughing in a day
- Losing your sense of smell or taste.





What is shielding?

Shielding is a way of protecting people from getting the Coronavirus.



This is because some people can become very poorly from Coronavirus and need to do more than other people to try to stop getting Coronavirus.



Who does shielding apply to?

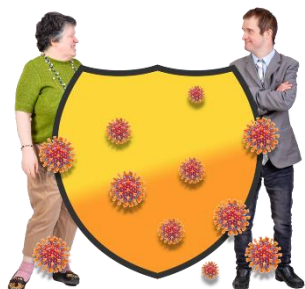
People who are most likely to get very poorly from coronavirus are those who:

- have had transplants – like kidney or liver transplants
- are having treatments for some cancers
- have long-term lung disease



People who were born with conditions that make the body, blood and cells work differently – this might mean you are more likely to get infections

What will happen now?

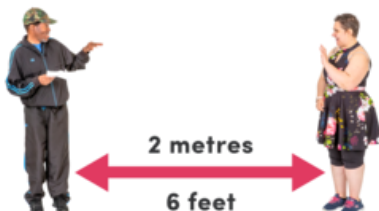


Shielding guidance will be relaxed in stages over the next few months. The new advice to people who are shielding will now be:



From the **6th of July**:

You can now meet in a group of up to 6 people outdoors, including people from different houses.



You **must** keep 2 metres away from people from other houses if you are meeting them.



You do not need to social distance with other people that live in your house.



If you live on your own or live with your children, you can form a 'support bubble' with one other household.



People in a support bubble will be able to spend time together inside each other's homes including staying overnight, without needing to socially distance.



This is a small change that means people have access to their community.



All the other shielding advice will stay the same.

The guidance for people who are listed as extremely vulnerable will be relaxed.



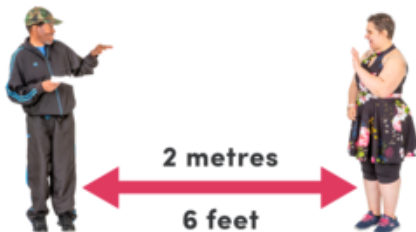
This will mean that people who are extremely vulnerable and living on their own can meet in a group of up to 6 people outdoors, including people from different houses.



They can meet these people outdoors, socially distanced, and to make a support bubbles if they live alone or with their child.



From the **1st of August:**



The advice to 'shield' will be put on hold. From the **1st of August** the Government will advise that you can take part in strict social distancing instead of shielding.



Strict social distancing means you may want to go out to more places and see more people but you should take extra care to make sure you do not come in to contact with others outside your household or support bubble.



You can go to work, if you cannot work from home, as long as the business is coronavirus-safe.

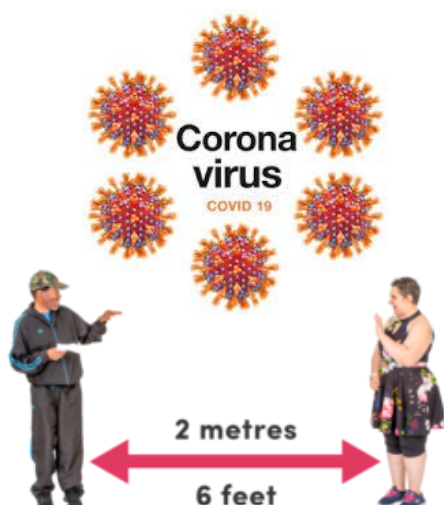
Your boss will be able to talk to you in more detail about this.



Children who are classed as extremely vulnerable can go back to school if parents and doctors think it is safe for them to do this.



You can go outside to buy food, to places of worship and for exercise but you should keep to strict social distancing at all times.



You should still be careful because you are still at risk of getting poorly if you catch Coronavirus.

The advice is to stay at home where possible and, if you do go out, follow strict social distancing.



The food and medicine boxes from the National Shielding Service will stop after the **1st of August** because people will be able to visit shops and pharmacies.



Other forms of support – such as priority supermarket delivery slots and the NHS Volunteers Scheme will carry on.



If you are worried about getting support after 1st of August, you can contact your local authority.



The advice for people who are ‘clinically extremely vulnerable’ will stay the same and people in this group should follow the guidance specific to them, available [here](#).



After the **1st of August**, the government will continue to check and review the Shielded Patient List.



The government will monitor the virus over coming months and if it spreads too much, they might need to make some changes to this advice.



Everybody in the 'clinically extremely vulnerable' category will get a letter that explains these steps.