

# CHANGES TO SHIELDING GUIDANCE

An overview for those who are clinically 'extremely vulnerable' to COVID-19

**There have been lots of changes and we know it is confusing and you may be concerned. Here are the key points:**

**CURRENTLY:** You can exercise outdoors with members of your household, or with one other person if you live alone.

## FROM 6<sup>th</sup> JULY:

- ✓ You can **meet in a group of up to 6 people outdoors** including people from different households, maintain social distancing
- ✓ You no longer need to socially distance **within** your household
- ✓ Shielded people who live alone, or who are single parents, can form a **'support bubble'** with one other household. This means you can act as one household and can stay overnight without needing to socially distance

## FROM 1<sup>st</sup> August: Shielding will be paused\*

- ✓ You need to keep strict social distancing but can go out to more places e.g. supermarkets
- ✓ You can return to work if you are unable to work from home, provided your business is COVID-safe
- ✓ Children can return to education
- ✓ You should minimise contact with others outside your household / bubble



\* Please note - we are anticipating further information so you can get individualised risk advice

**THE VIRUS HAS NOT CHANGED AND YOU REMAIN VULNERABLE TO COVID-19.  
THEREFORE THE KEY MESSAGES REMAIN THE SAME:**

**THINK HANDS:** Regular hand washing, use alcohol gel if no water is available  
**THINK FACE:** Avoid touching your face and wear face-coverings in enclosed spaces  
**THINK SPACE:** Keep 2m social distance

Finally, it is **important that you do not ignore symptoms** that may need medical attention, we are here for you.