

UPDATED GUIDANCE ON SHIELDING & PROTECTING PEOPLE WHO ARE CLINICALLY EXTREMELY VULNERABLE FROM COVID-19

WHAT DOES THE UPDATED GUIDANCE SAY?

- It is for everyone in England who has been identified as clinically extremely vulnerable
- They will have previously received a letter from the NHS or their GP
- It applies to clinically extremely vulnerable individuals only
- Those people who share a house with people who are identified as clinically extremely vulnerable do not need to follow the guidance and must follow national restrictions guidance
- The new National Restrictions from 5 November, which apply to everyone, mean you must not leave or be outside of your home, except for limited purposes, which are set out in that guidance
- The Department of Health and Social Care are advising clinically extremely vulnerable people to stay at home as much as possible, except to go outdoors for exercise or to attend essential health appointments
- You may wish to meet up with one other person from outside your household or support bubble, for example, to exercise outdoors

ACTION CARD COVID-19

WHAT ACTION DO INDIVIDUALS DEFINED AS CLINICALLY VULNERABLE NEED TO TAKE?

- You are strongly advised to work from home. If you cannot work from home, you should not attend work for this period of restrictions
- If you cannot attend work for this reason, you may be eligible for Statutory Sick Pay (SSP), Employment Support Allowance (ESA) or Universal Credit
- The formal shielding notification you receive may act as evidence for your employer or the Department for Work and Pensions (DWP) that you are advised to follow shielding guidance and should not work outside of your home for the period stated in the letter
- If you were on payroll before 30 October 2020, you may also be eligible for the Coronavirus Job Retention Scheme (on furlough), which is being extended until 2 December. Speak to your employer if you think you are eligible
- Avoid all non-essential travel by private or public transport. You can still attend hospital or GP appointments, unless advised not to by your doctor
- You are advised not to go to the shops. Shop online, or if you have no one who can shop for you, contact the NHS Volunteer responders
- You are advised not to go to the pharmacy. If you have no one who can drop/collect prescriptions for you, contact the NHS Volunteer responders
- It's important you look after your mental wellbeing - the Every Mind Matters website has resources that provide advice and support