

Shielding advice until Thursday 1st April



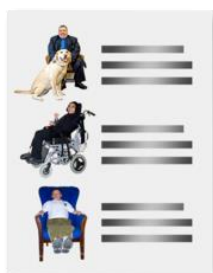
This is the advice until Thursday 1st April for clinically extremely vulnerable people who live in England.



If you are clinically extremely vulnerable, you should follow the rules for people who live in England **as well as** this advice.



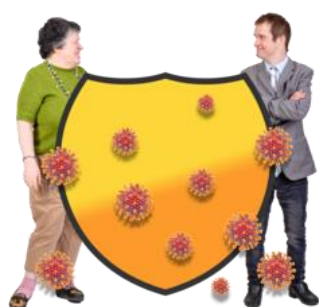
Some people are **clinically extremely vulnerable**. This means they are more likely to become very poorly from coronavirus.



You can find a [list of conditions](https://www.gov.uk/coronavirus) which mean you are more likely to become very poorly from coronavirus on the Government's website.



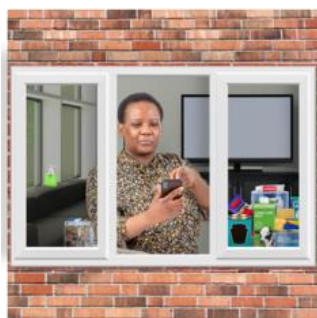
If you are in this group you will have received a letter from the NHS or your GP telling you are clinically extremely vulnerable.



People who are clinically extremely vulnerable are being advised to shield until Thursday 1st April.



You will get a letter with advice about what you should do from Thursday 1st April.



Until Thursday 1st April you should stay at home as much as possible.



You can go outside to exercise.



You can go to health appointments.

Meeting other people



Try to keep at least 2 metres away from everyone. This includes the people in your household or support bubble.

Work



If you have a job, you should work from home.



If you cannot work from home, you should not go to work.



If you cannot work from home you should talk to your manager to see if there is some different work you can do.



If you have a disability or health condition, your employer has to make **reasonable adjustments** to help you to do your job.



Your employer might be able to make a reasonable adjustment to help you do your job in a way that keeps you safe from coronavirus.



If you need support to work from home you can apply for [Access to Work](#).



Access to Work is a fund which supports disabled people in their job. This can include things like paying for support with travelling to and from your job, for special equipment or for someone to support you to do your job.



If you cannot work from home, your employer might decide to **furlough** you.



Furlough is when you cannot go to work but you still get paid. Your employer can get money from the government to pay you.



People who are on furlough may not be paid as much as usual. For more information see the [Coronavirus Job Retention Scheme](#).



Because the Government is advising you not to travel to work, you might be able to claim benefits like Statutory Sick Pay (SSP) or Employment Support Allowance (ESA).



Speak to your manager about the things in this section to see what is best for you.

Education



You should not go to school, college, or university.



Your school, college or university will arrange for you to learn at home.

Travel



You should stay at home as much as possible and only travel for important things like health appointments.

Shopping



You should not go to the shops.



Do your shopping online if you can.



You can also ask people in your family, household or support bubble to collect food and medicines for you.



If you need to have food delivered from the supermarket you can ask for a priority delivery slot. This means that you should go to the front of the queue for a delivery time.



If you do not have a priority delivery slot with a supermarket, you can register online to ask for one.



You can ask for extra help from your local council. More information can be found [here](#).

Medicines



You should not go to the pharmacy.



You can ask people in your family, household or support bubble to collect medicines for you.



If you do not have anyone who can collect your medicines, tell your pharmacy that you are clinically extremely vulnerable.



The pharmacy might be able to get someone else to deliver your medicine.



If no-one can deliver your medicine, the pharmacy will arrange to deliver your medicines to you for free.

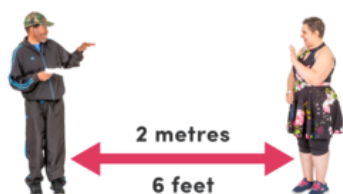
Care and support



You can still get care from people in your support bubble.



Carers, supporters and medical professionals can still come to your home to give you support with everyday things.



Any carers or supporters should try to stay 2 metres away from you as much as they can.

Extra help



If you are clinically extremely vulnerable and need help to get shopping or medicine, you can register for this <https://www.gov.uk/coronavirus-shielding-support>



You will need your NHS number.



You can find your NHS number on your prescription or a letter from the NHS.

Some of the help you can get includes:



- A priority delivery slot from a supermarket. You will also need to register with the supermarket who you want to deliver your shopping.



- Help to follow the advice on shielding



- You can check your information (like your address) is up to date.



You can register even if you do not need any help at the moment.



If you cannot register online, you should contact your local council to check they have your details and to ask them for help with getting food and medicine.



[NHS Volunteer Responders](#) can help people to get medicines or food.



They can also phone you to see how you are.



If you would like help from a NHS Volunteer Responder, phone 0808 196 3646 (8am to 8pm).



You can get information and advice from the Learning Disability Helpline on 0808 808 1111.

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