



Public Health
England

NEW GUIDANCE FOR SHIELDED RESIDENTS

If you're clinically extremely vulnerable, you're strongly advised to stay at home as much as possible and keep interactions outside to a minimum. This is called 'shielding', and the government is currently advising people to shield until 31 July and is regularly monitoring this position.

This guidance is government advice. It's not the law. This guidance will be kept under regular review.

What changed on 6 July

The changes from 6 July are:

- you no longer need to socially distance from people you live with
- if you want to, you can meet in a group of up to 6 people outdoors, including people from other households
- you may also form a 'support bubble' with one other household if you want to, but one of the households in the 'support bubble' should be a single adult household (either an adult living alone or with children under 18 only). You can all spend time together outside and inside each other's

homes, including overnight, without needing to socially distance

- the government support offer has been extended: you can still get a food box, care and/or medicine delivery until 31 July if you want them, and have [registered online](#) by 17 July. If you have been recently advised to shield there is more information on the page below outlining on the [support available](#) to you below
- the latest evidence indicates that the risk of serious illness for most children and young people is low. All children and young people should continue to shield until 31 July. A clinical discussion with your paediatric specialist or GP will be needed before any child or young person is removed from the shielded patient list. Health services will be in touch with children and their families over the summer, ahead of the new school term, to discuss what the new evidence means for them personally in the longer term. Families, carers and young people do not need to make immediate contact

What will change from 1 August

From 1 August, the government will pause shielding unless the transmission of COVID-19 in the community starts to rise significantly.

This means:

- the government will no longer be advising you to shield
- the support from the National Shielding Service of free food parcels, medicine deliveries and care will stop
- NHS Volunteer Responders will carry on delivering the food you buy, prescriptions and essential items to you if you need it
- you will still be eligible for priority supermarket slots (if you have registered by 17 July)

You may still be at risk of severe illness if you catch coronavirus, so stay at home as much as you can and continue to take precautions when you do go out. You can do this by washing your hands regularly, avoiding touching your face and keeping 2 metres away from people outside of your household or bubble wherever possible and in any case at least 1 metre with protective measures in place.

From 1 August, you'll be advised you could go out to more places and see more people, for example, the advice is:

- you can go to work, as long as the workplace is COVID-secure – but carry on working from home if you can
- children who are clinically extremely vulnerable can go back to school (when the rest of their class goes back)
- you can go outside to buy food, to places of worship and for exercise – keeping 2 metres away wherever possible and in any case at least one metre with protective measures in place

This guidance will be updated with these changes on 1 August.

Spending time with family and friends

For adults or children who are shielding, what you need to do when spending time with other people depends on whether or not you live with them.

Spending time with people you live with

The rest of your household do not need to shield themselves, but they should do what they can to support you in shielding and to carefully follow guidance on [staying alert and safe \(social distancing\)](#).

You are no longer advised you need to observe social distancing with other members of your household as long as they are well. Everyone in your household should regularly follow the advice on hand washing and respiratory hygiene, including regularly washing hands with soap and water for at least 20 seconds, avoiding touching their face and cleaning thoroughly frequently-touched surfaces.

Spending time with people you don't live with

You may form a 'support bubble' with one other household if you want to, as long as one of the households in the 'support bubble' is a single adult household (either an adult living alone or with children under 18 only). You can all spend time together outside and inside each other's homes, including overnight.

Our advice is you can also spend time outside in a group of up to 6 people, including people from other households. If you do this the advice is to:

- **stay 2 metres away from people from other households (except if they're in your support bubble)**
- **wash your hands regularly with soap and water or hand sanitiser**
- **take particular care to minimise contact with others not in your household or support bubble**
- **do not share or exchange personal belongings (such as cups and water bottles) with others outside your household or support bubble**
- **avoid going into enclosed spaces and other shops, buildings and households (except the home of the other household in your support bubble)**

Work & employment

You are still advised not to work outside your home until 31 July.

If you usually work

If you have recently been told that you are clinically extremely vulnerable you should talk to your employer as soon as possible and discuss and agree your options around work.

If you're able to work from home you should do so, and your employer is expected to help you to do this. At times, it may be appropriate for you to take up an alternative role or adjust your working patterns temporarily.

Statutory Sick Pay (SSP) is available where you are unable to work or to be furloughed under the Coronavirus Job Retention Scheme. Check if you're [eligible for SSP](#). You can use your letter from the NHS as evidence for your employer.

If you have not been working and your employer has been paying you Statutory Sick Pay (SSP) you will continue to be eligible for SSP until 31 July.

From 1 August, individuals will no longer be eligible for SSP on the basis of being clinically extremely vulnerable. Your employer should help you to transition back to work safely and support you to keep to social distancing in your workplace (if you can't work from home).

If you are unable to work from home, some employers may be able to offer different types of leave. Beyond your statutory leave entitlements, this will be at your employer's discretion:

- if you have previously been furloughed for a full 3-week period prior to 30 June, your employer may be able to apply for the Coronavirus Job Retention Scheme, under which you can be furloughed and receive 80% of your regular wages,

up to a cap of £2,500. This scheme will run until the end of October

- [Statutory Sick Pay](#) is available as a safety net in cases where you are unable to work or to be furloughed under the Coronavirus Job Retention Scheme. If you are shielding you will be eligible for SSP until 31 July

Employers should be mindful of the particular needs of different groups of workers or individuals.

It is breaking the law to discriminate, directly or indirectly, against anyone because of a protected characteristic such as age, sex or disability, race or ethnicity.

Employers also have particular responsibilities towards disabled workers and those who are new or expectant mothers. You can get advice on your specific situation and your employment rights by visiting the [Acas website](#) or calling the Acas helpline, 0300 123 1100.

If you have concerns about your health and safety at work, you can raise them with any union safety representatives, or ultimately with the organisation responsible for enforcement in your workplace, either the [Health and Safety Executive](#) or your local authority.

To support you if you're self-employed through the coronavirus outbreak the government has announced the [Self-employment Income Support Scheme](#).

SOURCE: PUBLIC HEALTH ENGLAND

DATE: 06 JULY 2020