

IMPORTANT INFORMATION FOR SHIELDING PATIENTS

As from 1st August the government is pausing 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

(Granta Pharmacy now offers free delivery of medicines. Give them a call on 01223 727530 or email capccg.grantadispensing@nhs.net for further information and to arrange delivery).

- 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 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, wearing a mask, avoiding touching your face and keeping 2 metres away from people outside of your household or bubble wherever possible.

You will also be able to go to more places and see more people, for example:

- 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

For further government information and advice go to:

<https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/>