



## Info sheet 4: What should I do if I am an extremely vulnerable person?

**Those who are extremely vulnerable should do shielding for at least 12 weeks** (see <https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>)

- You are strongly advised to stay at home at all times and avoid any face-to-face contact for a period of at least 12 weeks. The number of weeks you are advised to shield could change.
- Avoid going out, even for food and medicine. Ask a friend, neighbour or family member to bring your supplies where possible. Your council may be able to arrange this for you, if you have no-one to ask. You can self-register to receive local support at [www.Gov.uk/coronavirus-extremely-vulnerable](http://www.Gov.uk/coronavirus-extremely-vulnerable) or call 0800 028 8327.
- Deliveries of needed supplies should be left on your doorstep to cut down on contact.
- Strictly avoid contact with anyone showing symptoms of coronavirus (Covid19)
- People who provide needed support should continue to visit, but must stay away if they have any symptoms. They should wash their hands with soap and water for at least 20 seconds when they get to your house and often while they are there.
- Your carers should wear single use gloves, a single use plastic apron and single use surgical mask while visiting your home. You can find the latest guidance here: <https://www.gov.uk/government/publications/wuhan-novel-coronavirus-infection-prevention-and-control>
- You should also find people to contact if your main carer gets sick, such as friends. You can contact your local council for advice on how to access care.
- You should wash your hands often with soap and water for at least 20 seconds or use a hand sanitizer (gel). Avoid touching your eyes, nose, and mouth with unwashed hands. Cover your cough or sneeze with a tissue, then throw the tissue in a bin and clean and disinfect objects and surfaces that are touched often.

These measures are called **shielding**. They protect you from coming into contact with coronavirus.

### **People who live in your house:**

- People who live in your house do not have to do shielding, and can still leave the house to get food, travel to work etc.
- If people who live in your house are worried about leaving the house for work, they should contact their employers to discuss this and try to follow strict social distancing where possible at work. If they are key workers themselves, they may still be asked to work if possible.
- People who live in your house should change their clothes and wash their hands when they re-enter the house, for example when they get home from work. (Note this advice is NOT for care agency carers. It is for those working and living with the person they care for.)

- If a person who lives in your house is a key worker, and they are able to, they should consider isolating themselves from the vulnerable person (for example by sleeping in separate rooms). They could consider alternate care arrangements if possible, and talk to the local council to discuss this. You may find the link below helpful: <https://www.plymouthhospitals.nhs.uk/covid-19-advice-for-staff>
- In general, people who live in your house should strictly follow guidance on social distancing. They should reduce contact with others outside the home.
- People who live in your house should limit the time they spend in spaces they share with you. They should keep 2 metres (3 steps) away from you. The house should be well ventilated (aired). They should sleep in a different bed where possible.
- You should use a separate bathroom if possible or, if not, use separate towels and clean the bathroom every time it is used.
- Try to avoid the kitchen when others are using it. Take your meals back to your room to eat, if you can.

### **Medical appointments**

- You should access medical help by phone or the internet wherever possible.
- If you have a scheduled appointment, talk to your GP or specialist to make sure you continue to receive the care you need.
- If you feel unwell **you should continue to seek advice as you usually would**. You are still able to access your GP and your local A and E will still be receiving patients in a safe area to minimise the risk of infection.