

Shielding guidelines

Some people have very severe health conditions and shielding is a way to protect them because they are at high risk of getting coronavirus (COVID-19). Shielding means reducing contact with other people. Your doctor will have written to you if you are one of the people needing to shield. But from 1 August, shielding has been stopped for most people. A person needs shielding if they have one or more of the health conditions in the list that can be found [here](#).

The list doesn't include dementia but evidence shows that people with dementia are at high risk of getting the virus. Following shielding guidelines may therefore be helpful.

If you were shielding before, you should continue to follow these guidelines:

- wash your hands often for 20 seconds;
- cover your face in shops and other enclosed settings; and
- making space of 2 metres (6 feet or about the length of a double bed) between yourself and other people you meet from outside your household.

What will happen now?

You will no longer receive free food parcels, medicine deliveries and basic care from the National Shielding Service. But:

- you can speak to your local council to find out about local volunteer support;
- you can still get prescriptions, essential items and food you buy delivered by [NHS Volunteer Responders](#);
- you can still get priority slots for supermarket deliveries (if you previously registered for free food parcels).

What can you do now?

You do not need to follow the shielding advice so now you can:

- go to work as long as the workplace is [Covid-secure](#), but should carry on working from home wherever possible;
- go outside as much as you like, but you should still try to keep your contact with others to the minimum;
- visit supermarkets, pubs and shops, while keeping 2 metres (6 feet or about the length of a double bed) away from others wherever possible;
- keep thoroughly cleaning areas that are often touched in your home and/or workspace.

What if coronavirus transmission rates increase again?

You could be advised to shield again if the situation changes and there is an increase in the transmission of coronavirus in the community.

Your name will be kept securely on the shielded patient list by NHS Digital. They will write to you if the advice changes.

More detailed information about changes to shielding is on the government [guidance](#) pages

For more information please refer to the Government guidance on coronavirus <https://www.gov.uk/coronavirus>