

Updated Guidance for the Shielding Group in Leeds

As of 1st August the advice to shield at home has been paused.

Because rates of Coronavirus infection have reduced since they were at their peak, the Government has said it is not currently necessary to shield at home. If you can take extra care to follow the guidelines, it should be safe for you to resume going to the shops, places of worship, or to workplaces.

If your doctor has told you to continue shielding at home because of your current medical treatment – please follow their advice.



Coronavirus continues to be a risk, and rates could increase again. Take all precautions to stay safe.

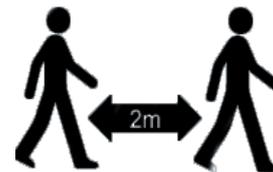
To stay safe you should:



Wash your hands regularly, especially when returning home.



Wear face coverings outside your home, especially when indoors and where you can't keep a physical distance.



Keep a physical distance outside your home.

- Catch sneezes in your elbow or a tissue, bin it immediately and wash your hands.
- Avoid busy places at peak times, particularly indoor spaces.
- If you are feeling unwell or are struggling to manage an existing health condition call your GP or NHS111. Call 999 or visit A&E for emergencies.
- If you develop symptoms of Coronavirus, **do not** go to hospital or your GP – **stay home and get a test**. Call 119 or visit: www.nhs.uk/ask-for-a-coronavirus-test



If infection rates rise again, the advice to shield at home may be re-issued. This will be done to help you stay safe.

Shopping, prescriptions, and supplies:



Food boxes, prescriptions or supplies will no longer be delivered to you routinely. If you registered with the national team following your shielding letter, you will still have priority access to supermarket home deliveries. If you are worried about getting essential items safely we can put you in touch with volunteers who can help. Call: **0113 378**

1877. If you have an immediate need for emergency food contact: **0113 376 0330**.

Work and employment:

- If you have health concerns about returning to work talk to your doctor who can advise you individually.
- If you cannot work from home, you can now return to work if you and your employer agree the ways for you to do so safely.
- If you and your employer cannot agree you can contact Citizens Advice Leeds on 0113 223 4400 for employment advice.
- You can also report your employer confidentially if you think your workplace is unsafe. Contact the Health and Safety Executive on 0300 790 6787.

Feeling anxious about returning to 'normal' life?

You are not alone. Thousands of people in Leeds who have been shielding are worried about returning to normal life. If you follow the advice on staying safe you will limit your chance of coming into contact with the virus considerably.

We advise you to:

1. Go at your own pace, and do not try to do everything all at once.
2. Ask for help and advice if you need it.

It's important you get support if you're feeling anxious. You can call the 24 hour mental health helpline on 0800 183 0558.

Stay informed:

Keep up-to-date with the latest national and local guidance to stay safe

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