

## Summary of Advice for CEV People – Tier 3 – 2<sup>nd</sup> Dec 2020

### Work

- Work from home if you can.
- If you cannot work from home, then you should talk to your employer about reducing your risk. If you cannot make alternative arrangements, your employer may be able to furlough you.

### School

- CEV children should attend school and follow their risk assessment – unless they are one of the very few children who have been advised individually by their clinician not to attend school/education settings at this time.
- Children who live with someone who is CEV should attend school.

### Shops and Pharmacy

- You are advised to avoid going to the shops or to the pharmacy in person where you can. Use online shopping – including signing up for priority online delivery; asking family or friends to shop for you; or if you want to go yourself, try to do so at quieter times.
- We also have volunteers who can help.
- Prescriptions will not be delivered free of charge – check with your pharmacy.

### Socialising

- In general, you are advised to stay at home as much as possible – but to take exercise or walks outdoors every day to stay healthy.
- Take care to keep your home well ventilated.
- Socialise indoors only with those you live with or who are in your support bubble. If you are socialising outdoors with up to five other people, stay 2m distance from anyone you do not live with.
- You may want to keep 2m distance from people you live with if they are regularly coming into contact with large numbers of people at work, at school or using public transport.

### Travel

- You are advised not to travel unless essential and to avoid public transport

### Care and support

- You should continue to access the care and support you need – this includes any hospital or care appointment you would normally go to.