

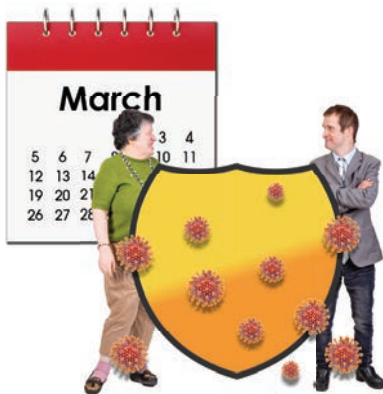


Department
of Health &
Social Care



Ministry of Housing,
Communities &
Local Government

Dear patient



We are writing to you because you may have been asked to shield in the past.

What happened before



People who were more likely to become very ill if they caught coronavirus (COVID-19) were asked to shield.



Doctors wrote a list of people who were more likely to become very ill.



The people on the list are called **clinically extremely vulnerable**.

What is happening now



Across the country, more people are getting coronavirus (COVID-19). The numbers are going up very fast.



The government has written some rules to tell people what they can and can't do. These rules are called **National Restrictions**.



The rules started on **Thursday 5 November 2020** and end on **Wednesday 2 December 2020**.



Everyone in England has to follow the rules. These rules are the law.



You are on the clinically extremely vulnerable list.



As well as the rules, there is some extra advice you need to follow too.

The rules



1

Most people have to stay at home

You can still go out for things like:



- Doctors, nurse or hospital appointments



- Exercise. You can meet 1 other person to exercise together



2 Do not meet with anyone else unless you live with them

You can still see some people like:



- People in your support bubble



- Your carer or support worker



- A doctor or nurse when you need to see them



3 Some places and businesses will be closed

Places like:



- Clothes shops and hairdressers



- Pubs and restaurants



- Leisure centres and gyms



There is more information about the rules on the government's website.

Website

www.gov.uk/coronavirus

Extra advice



Here is extra advice for people who are clinically extremely vulnerable.



This advice is not the law, but you should follow it to keep yourself safe.



● **Work from home if you can**



If you cannot work from home then you should not go into work.



You can show this letter to your employer.



This is proof that you cannot work outside your home until **2 December 2020**.



If you cannot work, you may still be able to get paid most of your wage.

This is called being **furloughed**.



Furlough is when the government gives your employer money to pay your wage.



- You should not go to the shops

Instead you could:



- Shop online



- Ask friends or family to do your shopping for you



- You should not go to the pharmacy



Ask your friends or family to pick up your medication for you.



If nobody can pick it up for you,
phone your pharmacy.



Tell them you are clinically
extremely vulnerable and
need your medication.



They will deliver it to you for free.



Look at the government's website.
It has more information and extra
advice about what you should do
to keep yourself safe.



Website

**[www.gov.uk/government/
publications/guidance-on-shielding-
and-protecting-extremely-
vulnerable-persons-from-covid-19](https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19)**

What happens next



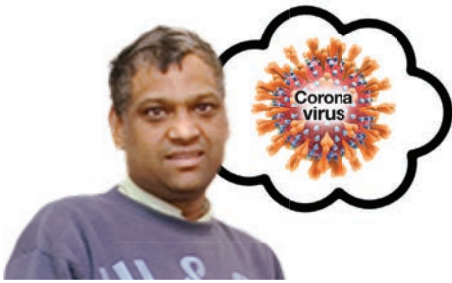
The national restrictions and extra advice stop on **2 December 2020**.



We will write to you again. The letter will tell you what the rules and advice will be after the **2 December 2020**.



Remember you can still use the NHS if you need to. Doctors, nurses and health staff are there to help you.



If you are worried about coronavirus and your health, you can:



- Speak to your doctor or nurse



- Phone NHS 111



We know this is a hard time for lots of people. Thank you for trying to keep yourself and other people safe from catching coronavirus.

From

MATT HANCOCK

Secretary of State for
Health and Social Care

ROBERT JENRICK

Secretary of State for Housing,
Communities and Local Government