



Department  
of Health &  
Social Care



Ministry of Housing,  
Communities &  
Local Government



easy  
read

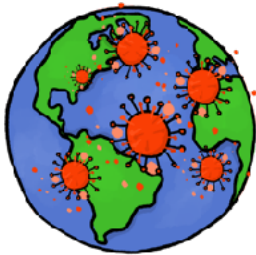
# Important advice for clinically extremely vulnerable people



There is a lot of information in this letter. You can ask someone to go through the letter with you.



**Clinically extremely vulnerable** means you have a condition that would make you very ill if you caught **COVID-19**.



**COVID-19** is a new illness that is spreading around the world. It can affect your lungs and breathing.



There is guidance for clinically extremely vulnerable people at the end of this letter.



You are getting this letter because you are clinically extremely vulnerable and the country is in a **national lockdown**.



## National Lockdown

The government has put the whole of England into a national lockdown.

This means there are certain rules you must follow.

Everyone must:

- stay at home most of the time
- not meet up with anyone they don't live with, except for certain reasons like meeting 1 other person to exercise outdoors.



Most shops and businesses will be closed.



Most children and young people will learn at home instead of going to school.



You may have already received a letter like this one a few weeks ago. You should follow the advice in this letter instead of the old one.



## Advice for people during the national lockdown

During the national lockdown you should:

- stay at home as much as possible



- work from home if you can.



You can go outdoors to exercise once a day and for health appointments, but you must be careful.



We will tell you when the rules change.



We will write again with more information in February.



Please make sure your local doctor (GP) has up-to-date details about you so you can be contacted if anything changes. This includes your address, email and phone number.



If you need help or support, you should contact:

- your local council
- the Shielding Support Website:  
**[www.gov.uk/coronavirus-shielding-support](https://www.gov.uk/coronavirus-shielding-support)**





## **Advice for clinically extremely vulnerable children and young people**

Very few children are likely to be seriously ill if they catch COVID-19.



Doctors are looking to see if children, who were called ‘clinically extremely vulnerable’ still need to be called ‘clinically extremely vulnerable’.



You should contact your local doctor and see if you or your child is still clinically extremely vulnerable.



## **Access to health and care**

The NHS is still open. You should carry on getting all the NHS services you need. You should still see your doctor if you are unwell.



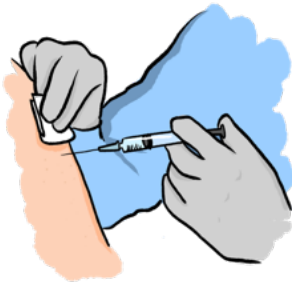
If you are worried about COVID-19 you should:

- speak to your local doctor
- contact NHS 111
- speak to a health professional.

# The vaccine

There are now **vaccines** for COVID-19.

A **vaccine** is an injection that helps to stop you getting very poorly from an illness.



People who are clinically extremely vulnerable will get the vaccine before many other people.



You should get your first dose of the vaccine by mid-February.

You will be contacted about this.



Your local NHS will make sure you get the vaccine as safely as possible.



After you receive both doses of the vaccine, you should still follow the advice in this letter.

You will be contacted if the advice changes.





Anyone you live with should also follow the rules, even if they have had the vaccine.



The government is also offering free Vitamin D to clinically vulnerable people to support their health.



You can apply for it here:  
**[www.nhs.uk/get-vitamin-d](http://www.nhs.uk/get-vitamin-d)**.



Thank you for keeping yourself and others safe.

Yours sincerely,

A handwritten signature in blue ink that reads 'Matt'.

**MATT HANCOCK**  
Secretary of State for Health and Social Care

A handwritten signature in black ink that reads 'Robert Jenrick'.

**ROBERT JENRICK**  
Secretary of State for  
Housing, Communities and  
Local Government



# Guidance for clinically extremely vulnerable people during national lockdown



This guidance is only for people who are clinically extremely vulnerable.



Other people in a **household** with someone who is clinically extremely vulnerable, do not have to follow this guidance.



A **household** means people who live together in the same house.



# Meeting up with others



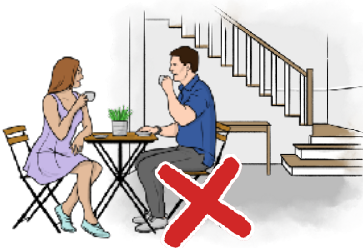
You should stay at home as much as possible.



You can go out for exercise and to go to health appointments.



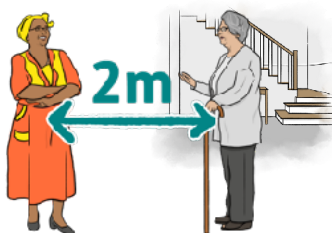
Try not to go to busy areas.



You cannot meet indoors with friends and family that you do not live with.



Outdoors, you can only meet 1 person from another household.



Try to stay 2 metres away from other people in your household, especially if they might have COVID-19.

# Work



You should work from home if you can.



You can ask to speak to your boss about changing your job so you can work from home for now.



If you need help to work from home, you can apply for **Access to Work**.

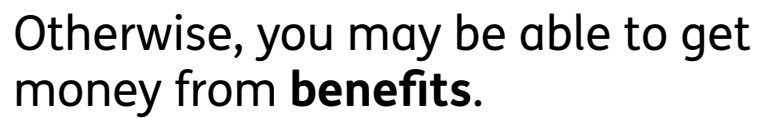
This is money paid to you by the government to help with the cost of working from home.



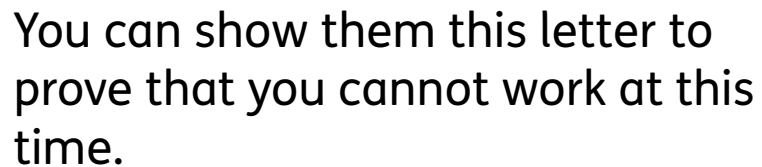
If you can't work from home, you should stay off work.



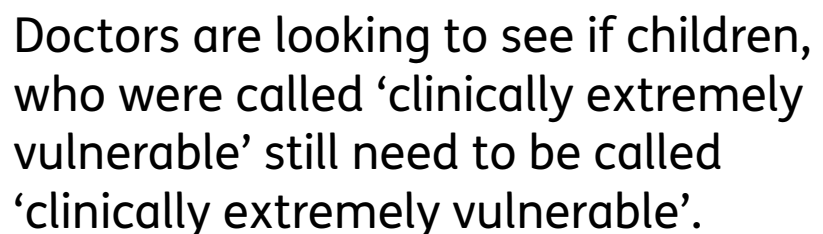
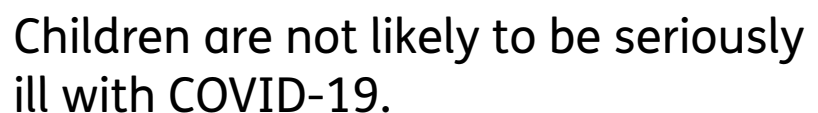
Your boss may be able to get money from the Government to pay your wages up to the end of April 2021.



**Benefits** are paid by the Government to people who need some help to afford the things they need to live.



# School or college





During national lockdown, most children will learn from home until February half term.



If your doctor says your child is still clinically extremely vulnerable, they should not go to school or college.



The school will make arrangements for them to carry on learning at home.

## Travel



You should not travel unless it for an important reason.

# Shopping



You should not go to the shops.

Use online shopping, or ask friends or family to get your shopping for you.



If you cannot get any food, ask your local council for help: **[www.gov.uk/coronavirus-local-help](http://www.gov.uk/coronavirus-local-help)**

# Medicines



You should not go to the pharmacy/chemist.

You should ask friends or family to pick up your medicines for you.



Otherwise, call your pharmacy and they will deliver it for you.

# Getting care and support



It is important that you get the care and support you need.

## Health

You can find out more about getting health services while you are at home by going to:

Website: **[www.nhs.uk/health-at-home](http://www.nhs.uk/health-at-home)**



NHS 111: **[www.111.nhs.uk](http://www.111.nhs.uk)**



## Wellbeing

**Wellbeing** is your mental health and feeling good about yourself.

It is important to look after your wellbeing.



Go to the Every Mind Matters website for help and advice:

**[www.nhs.uk/every-mind-matters](http://www.nhs.uk/every-mind-matters)**

## Social Care

Social Care is the support you need for daily living.

You should carry on getting the social care you need.



If you need more support, contact:

- [www.gov.uk/coronavirus-local-help](https://www.gov.uk/coronavirus-local-help)



- NHS Volunteer Responders. These are volunteers who will help you if you need extra help during the COVID-19 outbreak.



## NHS Volunteer Responders

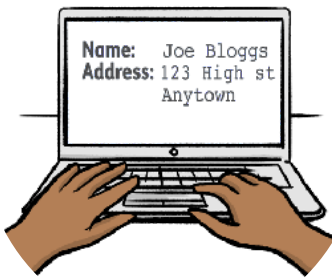
Phone: **0808 196 3646**

Website:

[www.nhsvolunteerresponders.org.uk](https://www.nhsvolunteerresponders.org.uk)

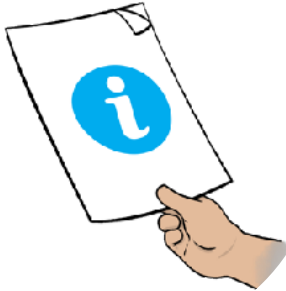






## More support

You can sign up for extra support because you are clinically extremely vulnerable.



By signing up, you will get up-to-date information and guidance from the government.



You can sign up here:

**[www.gov.uk/coronavirus-shielding-support](http://www.gov.uk/coronavirus-shielding-support)**.

## For more information



If you need more information, please go to: **[www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)**.



If you need support with this letter you can ask your friends, family and support staff.