

Changes to shielding guidance for vulnerable people

Government guidance on shielding has now been paused. This means big changes to the daily life for many people in Kent previously told to stay indoors to protect themselves from the virus.

You can now take a walk, see family and go shopping remembering to stay safe and wear facemasks when in shops.

The government has advised that you can go out to more places and see more people:

- you can go to work as long as the workplace is COVID-secure – but carry on working from home if you can
 - children who are clinically extremely vulnerable can go back to school (when the rest of their class goes back)
 - you can go outside to buy food, to places of worship and for exercise – keeping 2 meters away wherever possible.
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End of free food parcels for shielded people

The new advice from government also means that free food parcels offered to shielded people will stop from August 1.

The Kent Resilience Forum has issued the following advice for anyone who is worried about these changes:

- Priority slots for online shopping are still available at all participating supermarkets. If you are able to register for these deliveries do this as soon as you can.
 - If you cannot shop online, contact family and friends and neighbourhood schemes to tell them that you may still need help to get food or to collect prescriptions.
 - If you still need support then you can access this through the Kent Together helpline at www.kent.gov.uk/kenttogether or on 03000 41 92 92
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Stay safe

You may still be at risk of severe illness if you catch Coronavirus, so stay at home as much as you can and continue to take precautions when you do go out.

You can do this by washing your hands regularly, avoiding touching your face and keeping 2 metres away from people outside of your household -or bubble- wherever possible.

For up-to-date guidance and support visit <https://www.gov.uk/coronavirus>