

Summary of Advice for for Clinically Extremely Vulnerable (CEV) people from 19th July 2021



Work



Government no longer has in place a general work from home advisory, but employers still have a legal responsibility to protect their employees and others from risks to their health and safety. Talk to your employer about reducing your risk. If you cannot agree reasonable adjustments, your employer may still be able to furlough you until 30 September. Ask for employment advice if needed.

School



Follow advice from your child's school about how they are limiting the spread of the virus. Make sure your child's school knows that your child/household member is clinically extremely vulnerable.

Shops & Pharmacy



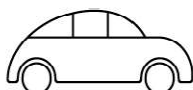
Shopping at quieter times of day may help to reduce your risk. Local support remains in place for clinically extremely vulnerable people who want assistance with shopping or prescription collection.

Socialising



Whilst rates of infection are still high in Leeds, clinically extremely vulnerable are advised to avoid crowded spaces, where there are more people who might be infectious. Socialising and exercising outdoors or in well ventilated spaces is safer. Maintaining distance from those you do not live with, particularly if you do not know if they have been vaccinated, is safer than close contact. Take care to keep your home well ventilated.

Travel



Wearing a secure-fitting, good quality face covering on public transport is advised.

Care & Support



You should continue to access the care and support you need – this includes any hospital or care appointment you would normally go to. Please note that all health and care venues still require face coverings, unless you are exempt.

Vaccine



All CEVs aged 16+ are strongly encouraged to take up vaccination. If you have not yet had your first vaccination, call 119 or book online at www.nhs.uk/covid-vaccination. If you have any worries or concerns and would like to talk to someone about this, text the word "callback" to [07480632471](tel:07480632471).

If you need help, contact us:



Online

leeds.gov.uk/shielding



Phone

0113 376 0330



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Text Number

07480632471