Important advice for people who used to be called ‘clinically extremely vulnerable’

This information is for people who used to be called clinically extremely vulnerable.

Clinically extremely vulnerable means you have a condition that makes you more likely to be very ill with COVID-19.

COVID-19 is also called coronavirus. It is an illness that has spread around the world. It can affect your lungs and breathing.
Shielding

We are now advising that people do not have to shield anymore.

To shield means to stay indoors at home as much as possible.

If this applies to you, you will receive a letter with more information.

Why have we stopped shielding?

We now know a lot more about COVID-19.

This means we know more about how to keep people safe.

Lots of people are also getting the COVID-19 vaccine.

A vaccine is an injection or jab that stops people getting very poorly from an illness.

We strongly advise that you get the vaccine.
Continuing to stay safe

You should now follow the same guidelines as everyone else.

You may want to think about extra things you can do to keep yourself safe.

This could include things like:

- only meeting up with people who have had the vaccine.
- staying 2 metres apart from other people.
- asking your friends and family to test if they have COVID-19 before they see you.
- asking people who come into your home to wear a face mask.

- not going to places where there may be large crowds of people.
Further information

There is different guidance for people living in:

