

A PAUSE IN SHIELDING

There is no longer a need to shield in England, Northern Ireland and Scotland from 1 August, and from 16 August in Wales. This is because levels of coronavirus in the community are low and the risk of catching it has reduced. You may be asked to shield again if the risk increases, or if your area goes into a local lockdown.

1

TAKE PRECAUTIONS WHEN OUT

You can now go out to most places as you usually would – like going shopping and meeting others – but you're still at risk of serious illness if you catch the virus, so try to stay home when you can. When you do go out, wash your hands regularly, avoid touching your face, keep 2 metres away from others, and wear a face covering inside.

2

PRACTICE STRICT SOCIAL DISTANCING

You don't need to socially distance from the people you live with, or from those in your support bubble or extended household. However, you should try to stay 2 metres away from everyone else, or 1 metre if there are extra measures in place, whether you're meeting them inside or outside.

3

FEEL SAFE AT WORK

Your workplace should be COVID-secure – this means your employer should take all steps they reasonably can to keep you safe. Talk to your employer, and if you don't feel they are taking enough steps to protect you, you can report them to the Health and Safety Executive.

4

FOLLOW LOCAL GUIDANCE

Levels of coronavirus are being monitored at a local level, so if there's an increase in your area your local authority may bring in extra measures to control the spread. This could include closing certain businesses, schools, and other public spaces. People who were shielding may have extra restrictions for their own protection.

5

ACCESS SUPPORT

Some government support will stop, including free food parcels. However, you can still get priority deliveries from the supermarket and access help through your local authority or voluntary organisations – such as pick-up and delivery of food and prescriptions. Get in touch with your local authority to find out more.

WE'RE HERE FOR YOU

For more information on coronavirus and living well with Crohn's and Colitis please contact us:

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