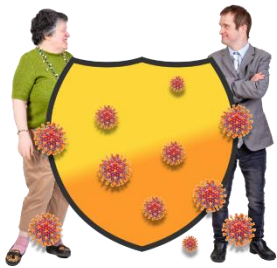


Section 5 - What is **shielding**?



Shielding is there to protect people who are likely to be very ill if they catch the Coronavirus



Shielding means extra things that you should do to keep safe if you live with other people and are at risk of getting very ill

Who should be **shielding**?



People who are at high risk of getting very ill from Coronavirus should be **shielding**



People who have had an organ transplant should be **shielding**



People who are being treated for cancer should be **shielding**



People who have needed steroids or hospital treatment for asthma or cystic fibrosis should be **shielding**



People with rare diseases that make infections more likely should be **shielding**

Examples of these are Severe combined immunodeficiency (SCID) and homozygous sickle cell



People who are on kidney dialysis should be **shielding**



People who are pregnant and have heart disease should be **shielding**



These people are more at risk of getting very ill if they get the Coronavirus Following the advice on **Shielding** will help to make it less likely you will catch the virus.

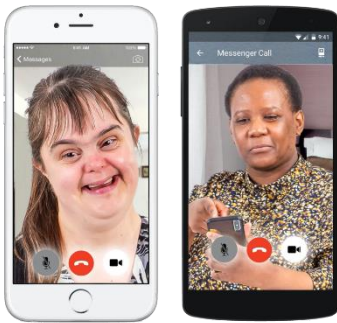
How do I do **Shielding**?



Do not leave the house



Do not see other people



Use phones or online ways to talk to people

What do I do if I live with other people?



You should stay in a separate room as much as possible



Keep the windows open as much as possible



If possible keep a bedroom to yourself and spend your time in there



If possible use a separate bathroom



If this is not possible the bathroom should be cleaned after each visit



Make meals in the kitchen when other people are not in it



Take your meals to your bedroom to eat alone

Everyone in the home should follow this advice



Wash your hands with soap for 20 seconds



Use separate towels



Stay away from people with signs of coronavirus



Clean the house regularly



Throw away used tissues straight away



Do not touch your face



Stay at home for 7 days if you get a cough with a high temperature



Stay at home for 14 days if someone you live with has a cough and high temperature