

Easy read



Llywodraeth Cymru  
Welsh Government

# Shielding Update

## You can stop shielding after 16 August 2020

### August 2020

Information and advice for keeping safe when you stop shielding



This information was written by **Dr Frank Atherton, Chief Medical Officer for Wales**. This is an easy read version of **Updated Advice – You Do Not Need To Continue Shielding After 16 August 2020**

**Date:** July 2020

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# Introduction



Everyone who has been **shielding**, can stop **shielding** after 16 August 2020.



**Shielding** means staying home all the time because you are at risk of getting very ill if you get coronavirus.

People who should be **shielding** have been sent letters from Welsh Government.

## Why is the advice changing?



You were asked to follow the **shielding** advice because this was the best way for you to stay safe.



There is now less coronavirus in Wales. So there is a lower chance that you will catch coronavirus if you go out. This is why we are changing your advice.



We know you may be worried about stopping **shielding**. **There are lots of things you can do to keep yourself safe. Please read pages 9 - 16 for advice for keeping safe.**

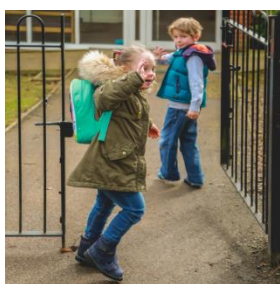
## What you can do after 16 August



- You **do not** need to stay 3 steps away from:
  - people you live with
  - people who are from the house you have joined up with. This is called an **extended household**.



- You **can** go to work, if you cannot work from home. As long as your boss has put rules in place to keep everyone safe.



- Children who were **shielding** **can** go back to school, when school starts again.



- You **can** go out for any reason. You can go to shops. **But you should stay 3 steps away from other people.**

## How we will support you after 16 August



- We will keep a list of people who were **shielding**. This is so we can contact you and send you updates if we need to.



- You will still get first choice of supermarket home delivery times.



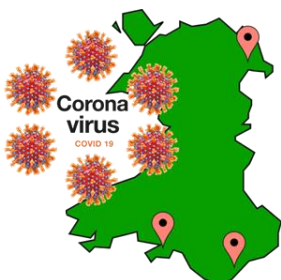
- The prescription delivery service will keep going until the end of September 2020.



Food boxes will be stopping. If you get a food box, you will get your last 1 in the week of 16 August.



If you still need support after this and you do not have anyone who can help you, speak to your council. The contact details are at the end of this letter.



If coronavirus comes back in certain areas I may need to ask people in that area to **shield** again.





If this happens we will tell people through local radio and TV. I will also write to you.



If we need to ask people to **shield** again, we will try to do it person by person. We will ask your doctor to look at the risks to you. And decide what advice is best for you.

## Children and young people



Children are unlikely to get very sick from coronavirus. They will probably not need to **shield** again. We will check them first so we can rule them out if the advice changes.



If you are under 18 years old on the 16 August 2020, your doctor will check if you need to be on our **shielding** list. You will get a letter by September to say if you are still on the **shielding** list or not.

## Further information

You can get up to date information about coronavirus in **Easy Read** and **BSL** here:



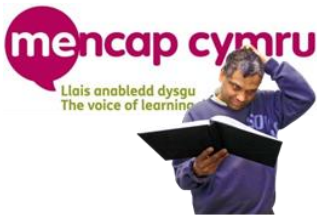
### Welsh Government:

[www.gov.wales/coronavirus](http://www.gov.wales/coronavirus)

[www.gov.wales/find-support-affected-coronavirus](http://www.gov.wales/find-support-affected-coronavirus)

### Public Health Wales:

[www.phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/](http://www.phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/)



If you have a learning disability, and you need support to understand this letter please contact the **Wales Learning Disability Helpline:**



**By e-mail:** [helpline.wales@mencap.org.uk](mailto:helpline.wales@mencap.org.uk)



**Or by phone:** 0808 8000 300

The Wales Learning Disability Helpline is open everyday between 9am and 5pm. It is free to call.

# Keeping safe when you stop shielding

## Things you should do to keep safe



- Stay at least 3 steps away from people you do not live with. And who are not part of the house you have joined up with.



- Wash your hands often with soap and water for 20 seconds.



- Eat healthy food and exercise.



- Remember to take any medicine that your doctor has told you to take.



- Get your free NHS injection that protects you from flu. You can get other injections to protect you from other diseases like measles. You can talk to you doctor about this.





- Plan ahead when you are going out. Think about places you could stop to rest or go to the toilet when far from home. Take hand sanitiser with you.



- Go to work if you cannot work from home. As long as your boss has put rules in place to keep everyone safe.



- If you are not ready to go to the shops yet use home delivery. You will get first choice of delivery times. If you do go to the shops, go at quieter times.



- If you need your doctor or other health services, contact them first over the phone or internet.



- If you need support and you do not have anyone to help you, contact your local council. You can find their telephone number at the end of this letter.

## Things you should not do to keep safe



- **Do not** get close to anyone who has coronavirus symptoms. This includes:
  - High temperature
  - A new, ongoing cough
  - Loss of taste and smell



- **Do not** go to places where you cannot stay away from other people.



- **Do not** go to your doctors or to hospital without phoning first. If you need to contact health services tell them that you have been **shielding**.

## What if I get coronavirus?

If you start getting coronavirus symptoms you should book a test straight away. To do this go to:

**Website:** [www.gov.wales/check-if-you-need-coronavirus-medical-help](https://www.gov.wales/check-if-you-need-coronavirus-medical-help)

**Or call:** 111





If you get coronavirus and you need to go to hospital take a bag of things you need for an overnight stay. Take:

- an emergency contact number
- any medicine you have been told to take by your doctor
- your care plan, if you have one.

## Your carers and support workers



If you have carers and support workers coming to your home, they can keep supporting you. As long as they do not have coronavirus symptoms.



All carers and support workers must wash their hands with soap and water when they come into your home. They should wash their hands often.

## Your medicines



If you do not feel ready or able to collect your own prescriptions you can:



1. Ask someone to pick up your prescription for you. This is the best option.

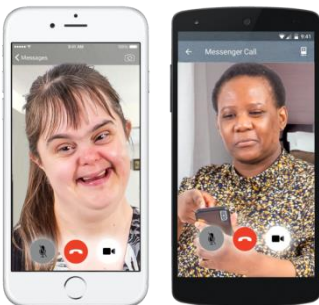


2. If you do not have anyone to help you, call your pharmacy and ask them to deliver them for you.



You may also need to get any special medicine from your hospital care team picked up for you.

## Hospital and doctors appointments



Appointments with your GP should be done over the phone or computer. If you need to be seen in person your doctor's surgery will tell you what to do.



The hospital will contact you if there are any changes to your care or treatment. Please call them if you have questions about your appointment.



You should wear a mask when you need to visit your doctor or go to hospital. If you do not have one, you can ask for one when you get there.

## Going to work or school



It is now safer to go back to school or work. Schools and places of work should have rules in place to keep everyone safe.



Talk to your boss about going back to work. They should be following Welsh Government advice.



It is unlikely that children will get very sick from coronavirus. So it is safe for them to go back to school. But if you are worried call your school or local council to talk about it.



# Support with day to day life and money

Please talk about your care and support needs with your:



- Carers
- Family
- Friends
- Neighbours
- Local community groups,



If you do not have anyone who can help you, call your local council. The contact details are at the end of this letter.



If you do not have enough money to pay your bills get help as soon as possible. Contact **Citizens Advice** for free:

**Phone:** 03444 77 20 20

**Website:** [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)





If you need help with benefits contact:

**Website:** [www.gov.uk/universal-credit](http://www.gov.uk/universal-credit)

**Universal Credit Helpline:** 0800 328 5644



You can apply for the **Welsh Government's Discretionary Assistance Fund payment**. This is money to help you if you are struggling. You do not have to pay it back. To apply:

**Go to the website:** [www.gov.wales/discretionary-assistance-fund-daf/how-apply](http://www.gov.wales/discretionary-assistance-fund-daf/how-apply)

**Or call:** 0800 859 5924



If you feel that you have been treated unfairly by:

- your boss
- or someone who gives you a service

you can get advice from the **Equality Advisory and Support Service:**



**Call:** 0808 800 0082

**Text:** 0808 800 0084

**Website:** [www.equalityadvisoryservice.com](http://www.equalityadvisoryservice.com)

## Your mental health and well-being



It is important to take care of your mental health and well-being. Do not be hard on yourself if you feel stressed, or down and are having a bad day.

For ideas about how you can stay well and look after yourself at this time, go to:



### Public Health Wales website

[www.phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/how-are-you-doing/](http://www.phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/how-are-you-doing/)

If you need support with your thoughts and feelings contact the **CALL Helpline** any time of the day:



**Phone:** 0800 132 737 or visit:

**Website:** [www.callhelpline.org.uk](http://www.callhelpline.org.uk)



If you are over 60 you can get support from the **Age Cymru Advice Line** on: 0800 223 444

## How we use your information



Your doctor or hospital shared your information with us. This is so we can contact you about information and advice for keeping safe.

To support you and help you keep safe we have shared your information with:



- your local council
- water companies
- pharmacies
- supermarkets.



We have done this to make sure you can get the support you need. They have not been given personal information about your health.



We will keep your information safe. After coronavirus when we no longer need your information we will safely get rid of it.



There is more information on our website about how we use and keep your information. You may need support to read and understand it:

[www.gov.wales/coronavirus-covid-19-supporting-vulnerable-people-privacy-statement.html](http://www.gov.wales/coronavirus-covid-19-supporting-vulnerable-people-privacy-statement.html)



This update was made into easy read by **Easy Read Wales** using **Photosymbols**.

# Your local council's contact details

## **Blaenau Gwent County Borough Council**

01495 311556

[www.blaenau-gwent.gov.uk](http://www.blaenau-gwent.gov.uk)

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## **Bridgend County Borough Council**

01656 643643

[www.bridgend.gov.uk](http://www.bridgend.gov.uk)

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## **Caerphilly County Borough Council**

01443 815588

[www.caerphilly.gov.uk](http://www.caerphilly.gov.uk)

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## **Carmarthenshire County Council**

01267 234567

[www.carmarthenshire.gov.uk](http://www.carmarthenshire.gov.uk)

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## **Ceredigion County Council**

01545 570881

[www.ceredigion.gov.uk](http://www.ceredigion.gov.uk)

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## **City & County of Swansea**

01792 636363

[www.swansea.gov.uk](http://www.swansea.gov.uk)

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## **City of Cardiff Council**

02920 234 234

[www.cardiff.gov.uk](http://www.cardiff.gov.uk)

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## **Conwy County Borough Council**

01492 574000

[www.conwy.gov.uk](http://www.conwy.gov.uk)

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## **Denbighshire County Council**

01824 706000

[www.denbighshire.gov.uk](http://www.denbighshire.gov.uk)

Out of Hours:

0300 123 30 68

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## **Flintshire County Council**

01352 752121

[www.flintshire.gov.uk](http://www.flintshire.gov.uk)

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## **Gwynedd Council**

01766 771000

[www.gwynedd.gov.uk](http://www.gwynedd.gov.uk)

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## **Isle of Anglesey Council**

01248 750057

[www.anglesey.gov.uk](http://www.anglesey.gov.uk)

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## **Merthyr Tydfil Council**

01685 725000

[www.merthyr.gov.uk](http://www.merthyr.gov.uk)

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## **Monmouthshire Council**

01633 644644

[www.monmouthshire.gov.uk](http://www.monmouthshire.gov.uk)

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## **Neath Port Talbot Council**

01639 686868

[www.npt.gov.uk](http://www.npt.gov.uk)

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## **Newport City Council**

01633 656656

[www.newport.gov.uk](http://www.newport.gov.uk)

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**Pembrokeshire County Council**

01437 764551

[www.pembrokeshire.gov.uk](http://www.pembrokeshire.gov.uk)

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**Powys County Council**

01597 827460

[www.powys.gov.uk](http://www.powys.gov.uk)

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**Rhondda Cynon Taf County Borough Council**

01443 425020

[www.rctcbc.gov.uk](http://www.rctcbc.gov.uk)

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**Torfaen County Borough Council**

01495 762200

[www.torfaen.gov.uk](http://www.torfaen.gov.uk)

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**Vale of Glamorgan Council**

01446 700111

[www.valeofglamorgan.gov.uk](http://www.valeofglamorgan.gov.uk)

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**Wrexham County Borough Council**

01978 292000

[www.wrexham.gov.uk](http://www.wrexham.gov.uk)

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