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