



GPS Healthcare

General Practice Solihull

UPDATE FOR CLINICALLY EXTREMELY VULNERABLE PATIENTS 5TH January 2021

The government has announced further restrictions in the form of a third National Lockdown. As part of these arrangements, it has been agreed that shielding advice will also apply. This is a continuation of the Government policy announced when Tier 4 restrictions were applied in Solihull.

Those affected by this guidance will be written to directly by the Department of Health and Social Care, please keep this 'formal shielding notice' safe when you receive it.

The advice for the clinically extremely vulnerable in these areas is the same as was in place nationally during the November restrictions, and includes the following:

- Stay at home as much as possible, minimise contact with others and not to travel unless essential
- Work from home, but if this is not possible, you should not attend work. The formal shielding notification you will receive will act as evidence for your employers and the Department for Work and Pensions for benefit eligibility purposes
- Avoid going out to shops, including pharmacies. Support will be available to assist in accessing shopping and to arrange the free delivery of medicines
- Those children whose clinician has confirmed are still clinically extremely vulnerable should not attend school
- People are encouraged to go outdoors for exercise and to continue to attend medical appointments

This shielding advice will remain in place until at least 01 February 2021, even if some areas are taken out of Tier 4 before that date. The full version of the guidance is available at:

<https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremelyvulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremelyvulnerable-persons-from-covid-19>

We will provide you with any further updates if the advice changes over the coming weeks.