



SHIELDING TO END

From 1 August, the government will pause shielding unless the transmission of COVID-19.

From 1 August, the government will pause shielding unless the transmission of COVID-19 in the community starts to rise significantly.

This means:

- the government will no longer be advising you to shield
- the support from the National Shielding Service of free food parcels, medicine deliveries and care will stop
- NHS Volunteer Responders will carry on delivering the food you buy, prescriptions and essential items to you if you need it
- you will still be eligible for priority supermarket slots (if you have registered by 17 July)

Although the free food parcels have ceased for those who are able to pay, it is still possible to order food parcels. Commercial options include telephone ordering, food box delivery, prepared meal delivery and other non-supermarket food delivery providers. Please contact Romsey Mill (**07933 671101**) or the City Council (**01223 458780**) who will advise.

Stay at home as much as you can and continue to take precautions when you do go out. You can do this by washing your hands regularly, avoiding touching your face and keeping 2 metres away from people outside of your household or bubble wherever possible.

From 1 August, you'll be advised you could go out to more places and see more people, for example, the advice is:

- you can go to work, as long as the workplace is COVID-secure – but carry on working from home if you can
- children who are clinically extremely vulnerable can go back to school (when the rest of their class goes back)
- you can go outside to buy food, to places of worship and for exercise – keeping 2 metres away wherever possible