



Definition of Vulnerable and Extremely Vulnerable

Clinically vulnerable individuals include aged 70 and over, those with specific chronic pre-existing conditions such as liver disease, diabetes, etc and pregnant women. These clinically vulnerable people should continue minimising contact with others outside their households, but do not need to be shielded.

However, those that are clinically extremely vulnerable groups such as organ transplant recipients, those recovering from chemotherapy, renal dialysis, etc are strongly advised to stay at home at all times and avoid any face-to-face contact; this is called 'shielding'. It means not leaving the house or attending gatherings at all, with very limited exceptions.

For more information see page 51/60 Annex B at the end of the gov.uk document below.

[Our Plan to Rebuild: The UK Government's COVID-19 recovery strategy](#)

Face Coverings

The Public has been advised to consider wearing face coverings in enclosed public spaces where you may be more likely to come into contact with people you do not normally meet, the government announced.

Scientific evidence from the Scientific Advisory Group for Emergencies (SAGE), the government confirmed face coverings can help reduce the risk of transmission in some circumstances.

- Help us protect each other and decrease disease transmission if you are not showing symptoms of coronavirus but have it
- If you have symptoms continue to self-isolate

If you are in a closed clinical setting it may be difficult to maintain social distancing. A face covering may help prevent you spreading the virus to others. In a clinical setting surgical masks may be appropriate for practitioners.



Follow PHE guidelines

Read the guidance on how to wear and make a cloth face covering.

Wearing a face covering is an added precaution that may have some benefit in reducing the likelihood that a person with the infection passes it on. The most effective means of preventing the spread of this virus remains following social distancing rules and washing your hands regularly. It does not remove the need to self-isolate if you have symptoms.

- COVID-19 can be spread directly by droplets from coughs, sneezes and speaking. These droplets can also be picked up from surfaces by touch and subsequently from touching the face. That is why hand hygiene is so important in controlling the infection.
- Evidence shows a face covering can help decrease the spread of droplets and could help to reduce the spread of infection as lockdown measures start to be lifted. Refrain from touching your face covering when wearing it, where possible, to avoid hand to mask transmission of the virus.
- Face coverings can be recommended as an added precaution in certain environments rather than an essential part of social distancing policies.

Thank you for taking the time to read this guidance and adhering to it.

Kind regards,

Ben Mathew

Izzy Mathew

