



COVID-19 (Coronavirus)



Phase 1-4

Guidance for Living with Persons at Higher Risk from Infection (Shielding)

Coronavirus can make anyone seriously ill, but some persons are extremely vulnerable and are at a higher risk and need to take extra steps to avoid becoming unwell—this is called shielding.

Shielding is a measure to protect clinically extremely vulnerable people from coming into contact with coronavirus, by minimising all interaction between them and others, especially individuals not living in your household. However, households living with a person at higher risk from infection will have to take steps to support the individual.

Who is considered extremely vulnerable? See the guidance [here](#).

Household Guidance

Household members do not all need to start shielding themselves, but they should do what they can to support persons who must be shielding and to carefully follow guidance on **avoiding high risk settings and practice physical distancing**.

While at home persons who are shielding should:

1. Minimise the time other people living with you spend in shared spaces such as kitchens, bathrooms and sitting areas, and keep shared spaces well ventilated.
2. Keep 6 feet (2 metres) away from people you live with and encourage them to sleep in a different bed where possible. If you can, use a separate bathroom from the rest of the household.

Use separate towels from the other people in your house, both for drying yourself after bathing or showering and for hand-hygiene purposes.

3. If you share a toilet and bathroom with others, it's important that they are cleaned every time after use (for example, wiping surfaces you have come into contact with). Consider drawing up a rota for bathing, with you using the facilities first.
4. If you share a kitchen with others, avoid using it while they're present. If you can, take your meals back to your room to eat. If you have one, use a dishwasher to clean and dry used crockery and cutlery. If this is not possible, wash them using your usual washing-up liquid and water and dry them thoroughly. If you are using your own utensils, remember to use a separate tea towel for drying these.
5. Everyone in your household should regularly wash their hands with soap and water for 20 seconds, avoid touching their face and clean frequently touched surfaces.

You and the rest of your family or household should try to follow this advice as far as you are able.

There is no need for other members of your household to follow the shielding measures themselves.

