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# Guidance on shielding and protecting extremely vulnerable people from COVID-19

Guidance on shielding and protecting people defined on medical grounds as extremely vulnerable from COVID-19 has been published by the Government. This guidance is for people, including children, who are at very high risk of severe illness from coronavirus (COVID-19) because of an underlying health condition, and for their family, friends and carers. It is intended for use in situations where the extremely vulnerable person is living in their own home, with or without additional support.

NHS in England are directly contacting people who are at very high risk of severe illness from COVID-19 to provide further advice. Help available could include; help with food, shopping deliveries and additional care you may need. If you believe you or the person you care for should have been contacted and haven't been by 29/03/20, please contact your GP or register online: <https://www.gov.uk/coronavirus-extremely-vulnerable>

For guidance on shielding and protecting yourself or the person you care for visit:

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