

COVID-19  
COORDINATION HUB 

# SUPPORT FOR SHIELDING



[www.cambridgeshire.gov.uk/coronavirus](http://www.cambridgeshire.gov.uk/coronavirus)  
[www.peterborough.gov.uk](http://www.peterborough.gov.uk)

# PREPARING FOR THE 31ST JULY

With the announcement of the changes to the shielding programme, we wanted to share with you some general information about what this actually means and let you know about the support that is still available to you.

## The Guidance

**From 1 August 2020 the advice to 'shield' will be paused. What this means is:**

- you can go to work, if you cannot work from home, as long as the business is COVID-safe;
- children who are clinically extremely vulnerable can return to their education settings if they are eligible and in line with their peers. Where possible children should practise frequent hand washing and social distancing;
- you can go outside to buy food, to places of worship and for exercise but you should maintain strict social distancing; and
- you should remain cautious as you are still at risk of severe illness if you catch Coronavirus, so the advice is to stay at home where possible and, if you do go out, follow strict social distancing.

Updates are always made available on GOV.UK if you want to know more about the changes and what they mean for you.

The government regularly review all guidance in relation to Coronavirus. So if the scientific evidence requires the Government to tighten the advice for clinically extremely vulnerable people, this will be communicated to you quickly and clearly.

## Why is the guidance changing?

The Government's guidance to those most at risk of severe illness if they catch Coronavirus has been based on the balance of risk to this group at a time when the transmission of Coronavirus has been highest in our communities.

Everyone will feel differently about their own risk and have different priorities – has been and continues to be to help and support you in looking after yourself through a very challenging period. We understand that it might take a while to get back to routine daily life again.

## Ensuring you have the Support you need

As your local hub, it is our priority that we ensure you continue to have the right support in place. For many you will continue to receive support through their friends & local support networks. For others, you might want a bit of help in finding local, trusted and established community support. It has been amazing to see just how much our communities have responded to the challenge so there is plenty of help available.

## NHS volunteer responders

Their support is still available beyond the end of July and they offer help to anyone in need of support or who are avoiding public places during the COVID-19 pandemic. It is run by the NHS in England, supported by Royal Voluntary Service and operates across England.

## They can support you with:

- Collecting shopping, medication (if your friends and family cannot collect them for you) or other essential supplies;
- A regular, friendly phone call which can be provided by different volunteers each time or by someone who is also shielding and will stay in contact for several weeks; and
- Transport to medical appointments.


To get help you can simply call 0808 196 3646 between 8am and 8pm to arrange support or speak to your health care professional for transport support.

More information is available at [www.nhsvolunteerresponders.org.uk](http://www.nhsvolunteerresponders.org.uk)

## Accessing NHS services

You should continue to access the essential services that you need, and you should contact the NHS if you have an urgent or emergency care need.

If you have ongoing appointments scheduled for care and treatment your GP surgery or hospital clinic will contact you to confirm the most appropriate arrangements.

 **If you have any of the symptoms of coronavirus (COVID-19) (a new continuous cough, a high temperature, or a loss of, or change in, your sense of taste or smell), you must self-isolate at home and arrange to have a test to see if you have COVID-19 – go to the NHS website to arrange a test or contact NHS 119 via telephone if you do not have internet access.**

## Mental health support

It is normal during these uncertain and unusual times to feel anxious or feel low. You can go to Every Mind Matters [www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters) and [GOV.UK](http://gov.uk) for advice and tailored, practical steps that you can take to support your wellbeing. If you are still struggling to cope we would urge you to speak to a GP.

## Cambridgeshire and Peterborough Directories:

If you live in Peterborough there is information online that provides resources and information on local organisations and services that can help families and residents.

To find out more information on the Peterborough Information Network use the link below:  
[www.peterborough.gov.uk/healthcare/peterborough-information-network](http://www.peterborough.gov.uk/healthcare/peterborough-information-network)

There is also the same information for residents living in Cambridgeshire so you know about what services are in your area: [www.cambridgeshire.gov.uk/directory](http://www.cambridgeshire.gov.uk/directory)

## Information on Masks

### Face Masks Information:

There is growing evidence that wearing a face covering in an enclosed space helps protect individuals and those around them from COVID-19.

A face covering can be very simple and may be worn in enclosed spaces where social distancing isn't possible. It just needs to cover your mouth and nose.

From 24 July, face masks or coverings will need to be worn on all public transport and enclosed spaces including, pharmacies, supermarkets & takeaways

### Face Coverings:

You can buy reusable or single-use face coverings. You may also use a scarf, bandana, religious garment or hand-made cloth covering but these must securely fit round the side of the face.

Face coverings are not classified as PPE (personal protective equipment) which is used in a limited number of settings to protect wearers against hazards and risks, such as surgical masks or respirators used in medical and industrial settings.

Face coverings are intended to protect others, not the wearer, against the spread of infection because they cover the nose and mouth, which are the main confirmed sources of transmission of virus that causes coronavirus infection (COVID-19).

## Where can I purchase a face mask:

Face masks have become more readily available in a number of shops. Many local retailers now have face masks available and these could be found to purchase at:

- Pharmacies
- Some retail shops
- Petrol stations
- Supermarkets
- Online retailers

## Cloth Based Covering:

If you are not able to obtain a face mask you can make a cloth faced covering.

Full information on how to do this can be found here: [www.gov.uk/government/publications/how-to-wear-and-make-a-cloth-face-covering/how-to-wear-and-make-a-cloth-face-covering](https://www.gov.uk/government/publications/how-to-wear-and-make-a-cloth-face-covering/how-to-wear-and-make-a-cloth-face-covering)

## How to make a cloth face covering

You will need:


1. two or three 25cm x 25cm squares of cotton fabric
2. two 20cm pieces of elastic (or string or cloth strips)
3. scissors
4. needle and thread


**Step 1:** Cut out 25cm x 25cm squares of cotton fabric. Stack the squares on top of each other.

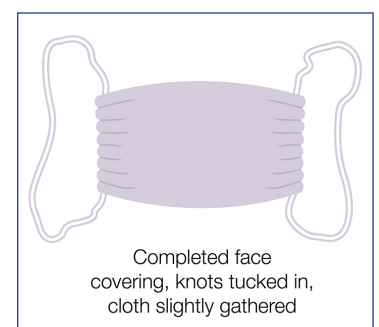
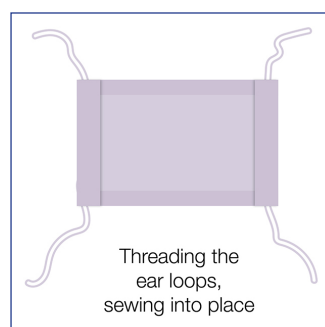
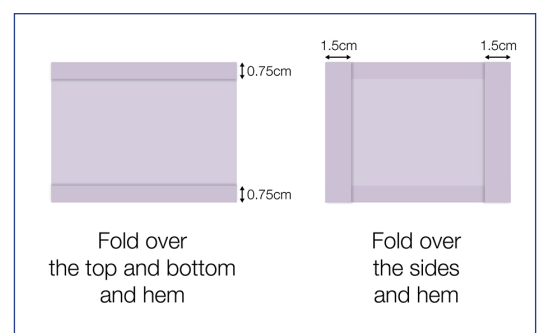
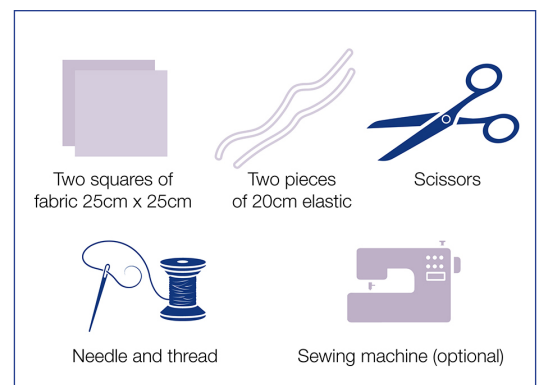
**Step 2:** Fold over one side by 0.75cm and hem, then repeat on the opposite side. Make 2 channels by folding the double layer of fabric over 1.5cm along each side and stitching this down.

**Step 3:** Run a 20cm length of elastic (or string or cloth strip) through the wider hem on each side of the face covering. These will be the ear loops. Use a large needle to thread it through. Tie the ends tightly.

**Step 4:** Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the covering on the elastic and adjust so the covering fits your face. Then securely stitch the elastic in place to keep it from slipping. These elastic loops fit over the ears.

 Face coverings should not be used by children under the age of 3 or those who may find it difficult to manage them correctly. For example, primary age children unassisted, or those with respiratory conditions.

 Always take care to use equipment safely to avoid injury. Children should only follow these instructions under the supervision of adult



## How to wear a face covering:

The below online guide identifies how to wear a face covering safely:

A fabric mask can protect others around you. To protect yourself and prevent the spread of COVID-19 remember to keep at least 1 metre distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.



**! You do not need to wear a face covering if you have a legitimate reason not to.**

### This includes:

- young children under the age of 11
- not being able to put on, wear or remove a face covering because of a physical or mental illness or impairment, or disability
- if putting on, wearing or removing a face covering will cause you severe distress
- if you are travelling with or providing assistance to someone who relies on lip reading to communicate
- to avoid harm or injury, or the risk of harm or injury, to yourself or others
- to avoid injury, or to escape a risk of harm, and you do not have a face covering with you
- to eat or drink, but only if you need to
- to take medication
- if a police officer or other official requests you remove your face covering



## There are also scenarios when you are permitted to remove a face covering when asked:

- If asked to do so by shop staff for the purpose of age identification
- If speaking with people who rely on lip reading, facial expressions and clear sound. Some may ask you, either verbally or in writing, to remove a covering to help with communication

## Beware of Coronavirus Scams

We urge residents and businesses to be wary of scammers taking advantage of the Coronavirus pandemic.

Be cautious of any unsolicited contact. Many scams involve criminals pretending to be from a genuine organisation such as:

- NHS or other health providers
- Police
- Charities
- National or local government
- Banks
- Utility

There is plenty of information available with our Against Scams Partnership :

[www.cambridgeshire.gov.uk/residents/community-protection/against-scams-partnership](http://www.cambridgeshire.gov.uk/residents/community-protection/against-scams-partnership)



As your local hub, we are still here to support you and to ensure you have the support in place that you need either by visiting [www.cambridgeshire.gov.uk/coronavirus](http://www.cambridgeshire.gov.uk/coronavirus) or [www.peterborough.gov.uk/coronavirus](http://www.peterborough.gov.uk/coronavirus)

**Alternatively, please call us on 0345 045 5219**  
08:00-18:00 Monday-Friday or 09:00-13:00 Saturdays