New advice for Children and Young People who have been shielding

From 1st August the advice to shield at home has been paused.

There are less numbers of people getting poorly with coronavirus at the moment.

So the Government has said you or your child do not need to shield at home.

This means you and your child can leave your home but remember to follow the advice about staying safe.

It should be safe to go to the shops, places of worship or school.

There is less chance that children and young people will get very poorly with coronavirus.
Coronavirus continues to be a risk, and more people could get poorly again.

Make sure you do everything you can stay safe.

This means if your child has been shielding, it should now be safe for them to go out again.

Your child’s specialist or GP will contact you to talk about your child going back to school.

If your child’s GP has told them to continue shielding at home please follow their advice.
To stay safe you should:

Wash your hands regularly, and always when you get home. For 20 seconds.

Wear a **face covering** in shops and public transport if it is safe to do so (see below).

Keep 2 metres away from people not living in your house or ‘support bubble’.

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**Should my child wear a face covering?**

Children aged 11 or above must wear a face covering in public buildings, shops and on public transport.

They don’t have to wear face coverings in school or college.

Children aged 4 - 11 do not have to wear face coverings, but they are recommended to wear them in indoor public places.

Children aged 0 - 3 should not wear a face covering.

Children with some medical conditions, such as breathing conditions or disabilities do not have to wear face coverings.
All schools in Leeds will be open for all children and young people in September. Shielding has been paused, so your child will be expected to go back to school. Schools have made changes to help keep everyone safe.

Your child’s school might have

- A one-way system in corridors.
- Extra hand gel and handwashing areas.
- Different start and finish times for each year group.
- Your school will have been told if your child has been shielding. This is so that staff at the school can help your child to stay safe.
- If your GP or specialist has advised that your child should not go back to school, you will not get a fine.
- If your child has to stay at home, schools must provide learning to do at home. Talk to your child’s school about this.
If you are feeling poorly or are worried about your health, call your GP or NHS 111.

If it is an emergency call 999 or go to A&E.

If you or your child get symptoms of Coronavirus, do not go to hospital or your GP.

Stay home and get a test. Phone 119 or go to the website: www.nhs.uk/ask-for-a-coronavirus-test

Symptoms of Coronavirus

- A new cough
- A fever or feeling hot
- Loss or change in taste or smell
Shopping and medicines

If you are worried about getting **food and medicines** we can put you in touch with volunteers who can help. Phone: 0113 378 1877.

If you have an immediate need for emergency **food**. Phone: 0113 376 0330.

**National food boxes** or **medicines** will no longer be delivered to you all the time.

You can still get supermarket home deliveries.

If you registered with the national team to tell them you are shielding, you will still have 1st choice of delivery slots.

Stay informed:
Keep up to date with the latest national and local guidance to stay safe

Online: leeds.gov.uk/shielding
Phone: 0113 378 1877
SignLive Directory: Select LCC Covid19
Text Number: 07480632471

www.leeds.gov.uk/shielding