

WORK AND SCHOOL

TIER 1: MEDIUM	TIER 2: HIGH	TIER 3: VERY HIGH
<ul style="list-style-type: none"> • Work from home where possible • Attend work if you cannot work from home • You should continue to attend school or college 	<ul style="list-style-type: none"> • Work from home where possible • Attend work if you cannot work from home • You should continue to attend school or college 	<ul style="list-style-type: none"> • Work from home where possible • If you cannot work from home, speak to your employer about taking on an alternative role or change your working patterns temporarily. You can attend work if this is not possible • You should continue to attend school or college

GOING TO THE SHOPS AND THE PHARMACY

TIER 1: MEDIUM	TIER 2: HIGH	TIER 3: VERY HIGH
<ul style="list-style-type: none"> • Consider shopping or visiting the pharmacy at quieter times of the day • Strictly observe good hand hygiene and maintain social distancing as much as possible • NHS Volunteer Responders can support you if you need help 	<ul style="list-style-type: none"> • Reduce the number of shopping trips you make, including to pharmacies • Consider using online delivery slots for food shopping, or ask friends and family to help deliver shopping or collect medicines for you • NHS Volunteer Responders can support you if you need help 	<ul style="list-style-type: none"> • Significantly reduce your shopping trips, including to pharmacies • Consider using online delivery slots for food shopping, or ask friends and family to help deliver shopping or collect medicines for you • NHS Volunteer Responders or your local authority can support you if you need help

This is a summary of the guidance only. It is effective from 2 December 2020. For more information visit

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