

Clinically Extremely Vulnerable

Stay at Home Checklist ✓



Shielding

Check you understand the CEV guidance, what you should and should not do. Use trusted web sources, or call our Welfare and Wellbeing Team for advice.



Food

Avoid going food shopping. Shop online or ask friends and family for help. Alternatively call 0808 196 3646 for an NHS volunteer to help.



Money

Make a plan for accessing your money and paying your bills. If you are struggling financially, you may be eligible for Crisis Support from the council.



Work

You should work from home if you can. If that is not possible, you should not attend work. You may be able to claim financial support.



Children and Young People

You should continue learning at home if you are CEV. Speak to your education provider about the support they can offer.



Accessing care

You can still receive informal (support bubble) care and professional care. Please continue using the NHS and health providers as you normally would.



Mental Health

Be mindful of your mental health. Create a routine, keep busy, keep active, speak to friends and ask for help from your GP if you need it.



Physical Health

You can meet with your support bubble or one person from a different household to exercise outside. Find ideas for indoor exercise online.



Medicines

Avoid going to the pharmacy to collect your medicine. Ask family or friends for help, or ask your pharmacy to deliver.

If you have any questions about the advice above, or need more support, please contact our Welfare and Wellbeing Team on 0800 170 7001