

# Stay Safe, Stay Shielded

**You have been asked to stay at home and take shielding measures for 12 weeks because you are at increased risk of serious illness from coronavirus.**



**Staying at home for a long time, without visiting friends and family or having visitors is not easy but it will help protect you from the virus.**

Information to support you is available at  
**[gov.wales/shielding](https://gov.wales/shielding)**

There are a range of online services which can help. You may need extra help during this time and everyone is pulling together to support you.



Ask family, friends, neighbours or a local voluntary group to help you with shopping or collecting medicines.



If you already have carers or support from a community group, this will continue and they may be able to do more for you.



If you do not have help or someone who checks in on you, contact your local council for support.



You can contact your local pharmacy about how to get your medicines if you cannot arrange for someone to collect them.



Contact your local shop about delivering food and supplies if you do not have someone to do your shopping for you.



Your local council can arrange delivery of a weekly food parcel if you need one - call them to request this.

**If you have planned GP or hospital appointments, your hospital or surgery will contact you to discuss these.**

**If you normally leave your house for work, you should talk to your employer about working from home.**

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