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To whom it may concern,

As the shielding guidance is being relaxed in England many people and businesses are going to be making the tentative steps to relax their strict distancing rules. The guidance for those classed as *clinically extremely vulnerable* continues to be advisory, and therefore means it is not enforceable, so patients can continue to shield if they want to. Please understand that going forward you will not need a sick note or letter from your GP in this regard and instead can present this letter to your employer. It states the current guidance in this area, based on the guidelines set by the Department for Health and Social Care.

Until the end of July, if you have been able to work at home, you should continue to do so. At this time, we do not advise *clinically extremely vulnerable* individuals to attend their place of work (workplace/"on-site") if this requires them to leave their home. This guidance remains advisory. From the 1st August the Government is planning to further relax advice to those shielding, bringing it in-line with the advice to the *clinically vulnerable* group. This means that if you are unable to work from home but can work on-site, you should do so, provided the business is COVID-safe.

If you do not want to return to work, you should look to come to an agreement with your employer with understanding of their specific policies around health & safety and workplace attendance, especially in relation to COVID19. If you have concerns about your health & safety at work, you can raise them with any union safety representatives, or ultimately with the organisation responsible for enforcement in your workplace (either the Health & Safety Executive or your local authority). You can get advice on your specific situation and your employment rights by visiting the Acas website <https://www.acas.org.uk/contact> , or calling the Acas helpline 0300 123 1100.

Beyond July, NHS Volunteer Responders can continue to help with collecting food shopping and medicines deliveries. Simply call NHS Volunteer Responders on 0808 196 3646 (8am to 8pm) to access this support.

Yours sincerely

Dr Parvataneni & Garala