



Shielding and support bubbles



People who are **most likely to get very poorly** from Covid need to do more than others to try to stop themselves getting Covid



If you are shielding you should limit social contacts as much as you can



If you limit all your social contacts with people you don't live with, it will lower your risk of getting Covid



You can form a support bubble with 1 other household if

- you live on your own



- and feel it is important for your physical and mental health to be in a support bubble



A support bubble means they can spend time in your home



You can only form a support bubble with one other household



You do not have to keep a safe distance from that person



It is your choice if you want to have a support bubble or not



It is important to think about the higher risk of infection and your physical and mental health



If you have questions about support bubbles and your risk of getting Covid, you can talk to your support worker or named worker