

COVID-19: Guidance for people whose immune system means they are at higher risk

Below is from the current Government Guidance for England ([COVID-19: guidance for people whose immune system means they are at higher risk - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/publications/covid-19-guidance-for-people-whose-immune-system-means-they-are-at-higher-risk))

Keeping yourself safe

The following advice on 'keeping yourself safe' is aimed at adults. Children and young people are recommended to continue to attend education, unless they are advised otherwise by their clinician. Attending education is hugely important for children and young people's health and their future.

If you have been advised by the NHS that you are in one of these groups, you are advised to:

- ensure you have had all of the vaccines you are eligible to receive
- continue to follow any condition-specific advice you may have been given by your specialist

You are advised to try to avoid contact with people who have symptoms of COVID-19 or other respiratory infections. A detailed description of COVID-19 symptoms can be found in [guidance for people with symptoms of a respiratory infection including COVID-19](#).

If you have visitors to your home, consider ventilating your rooms by opening windows and doors to let fresh air in. More advice on [ventilating your home](#) can be found on GOV.UK.

Consider asking visitors to your home to take additional precautions, such as keeping their distance. COVID-19 tests are no longer free for the general public, but you may wish to ask visitors to take a lateral flow device (LFD) test before visiting. You might also consider asking them to wear a face covering and you may want to wear a face covering yourself.

If it feels right for you, work from home if you can. If you cannot work from home, speak to your employer about what arrangements they can make to reduce your risk. It may be that you are entitled to a [Reasonable Adjustment under the Equality Act](#). See [Public health principles for reducing the spread of COVID-19 and other respiratory infections in the workplace](#)

If you are too ill to work, you may be [eligible for Statutory Sick Pay](#).

When out and about, you may want to try to keep your distance from others if that feels right for you, and consider reducing the time you spend in crowded spaces or anywhere that is enclosed or poorly ventilated. Wash your hands regularly and avoid touching your face.

Consider wearing a well-fitting face covering in crowded public spaces. Although face coverings are primarily worn to protect others, because they cover the nose and mouth, which are the main routes of transmission of the virus that causes COVID-19 infection, they may also provide some limited protection to the wearer.

Further advice about face coverings can be found in guidance on [living safely with respiratory infections including COVID-19](#).

Guidance for people with symptoms of a respiratory infection including COVID-19, or a positive test result for COVID-19

It is particularly important to avoid close contact with anyone who you know is at higher risk of becoming seriously unwell if they are infected with COVID-19 and other respiratory infections, especially those whose [immune system means that they are at higher risk of serious illness, despite vaccination.](#)