**Information on Cocooning**

**What is Cocooning?**

- Cocooning is a measure to protect those over 70 years or those extremely medically vulnerable by minimising interaction between them and others. This means that these people should not leave their homes. Even within their homes should minimise all non-essential contact with other members of their household.

- This is to protect those who are at very high risk of severe illness from COVID-19 from coming into contact with the virus.

- If you are over 70 years of age or have a condition which makes you extremely medically vulnerable you are strongly advised to cocoon, to reduce the chance of getting COVID-19 and follow the face-to-face distancing measures below.

**The measures are:**

- strictly avoid contact with someone who is displaying symptoms of COVID-19. These symptoms include high temperature and/or new and continuous cough

- do not leave your house

- do not attend any gatherings. This includes gatherings of friends and families in private spaces for example family homes, weddings and religious services

- do not go out for shopping and, when arranging food or medication deliveries, these should be left at the door to minimise contact

- keep in touch using remote technology such as phone, internet, and social media

- do use telephone or online services to contact your GP or other essential services

- ensure you keep phones/devices charged, and have credit on your phone so that you can stay connected

We know that stopping these activities will be difficult. You should try to identify ways of staying in touch with others and participating in your normal activities remotely from your home.

However, you must not participate in alternative activities if they involve any contact with other people.

This advice will be in place for 2 weeks from 27 March 2020. This period will be kept under review.

**What about home care?**

- Allow your carer into your house - they have the guidance and the training to do their job properly. Don't be worried about social distancing in this instance. Contact your provider if you have any queries.