

31 July 2020

Dear Patient,

We would like to inform you that the UK Government updated its guidance for those people who are shielding because COVID-19 infection levels are substantially lower than when shielding was first introduced.

We wrote to you in April and asked you to stratify your risk level based on the guidance of the British Society for Rheumatology which we included in our letter.

If you are **extremely vulnerable** and had to shield based on this stratification then please read the updated guidance [here](#).

If you didn't have to shield but are clinically **vulnerable** due to some risk factors and were self-isolating/social distancing then please read the updated Government guidance about staying alert and social distancing on the Government's website [here](#).

Please keep in mind this advice is of a general nature and should be treated as a guide. This does not replace any local public health measures put in place to protect the local population. If there is an outbreak of COVID-19 within your area, please follow any guidance set out locally or any specific law which applies to the area you live in.

Don't forget we are always here to help and you can contact us if you have any further questions.