

**Essex Coronavirus Action 21<sup>st</sup> December 2020**

□ FOR URGENT SHARING □

With immediate effect, people who are identified as 'clinically extremely vulnerable' have been advised to shield until further notice if they are in Tier 4 in Essex.

However, there is a real risk that some of those who are most vulnerable may not see the text message in the image below.

We are asking one simple thing from all of our followers - please share this post. Also, if you know anyone who is classed as 'clinically extremely vulnerable,' please make sure that they see this and get the word out in your local community.

This link explains more about who exactly needs to shield, and what this will involve: <https://www.gov.uk/.../guidance-on-shielding-and-protecting-e...>

Also, we want to let you all know that the Essex Wellbeing Service is 'locked and loaded' and ready to help those who need it the most. Please do not hesitate to call them on 0300 303 9988 if you or anyone you know requires support as described in the text message below.

On your marks ... get set ... SHARE!

**WE NEED EVERYONE IN TIER 4 IN  
ESSEX TO SEE THIS TEXT MESSAGE  
URGENTLY**

People identified as clinically vulnerable who live in areas of Essex under Tier 4 restrictions have been advised to shield. If you are one of these people and have no support the Essex Wellbeing Service is here for you and can support you with accessing priority supermarket shopping slots, practical or emotional support and befriending support via a phone buddy. Please contact us on [0300 303 9988](tel:03003039988)

ESSEX  
CORONAVIRUS  
ACTION