

## **Advice to Clergy who are Over 70 but have no Underlying Reasons to Shield.**

Dear Father, Dear Deacon,

If I may draw your attention to recent changes in guidance for those who are over 70 but are not required to shield due to underlying health conditions. I share this for your own information and for information about those we minister to. If I may draw your attention to the document below:

<https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do>

In particular:

### **2.1 Does easing restrictions apply to healthy 70 year olds and over?**

The advice for those aged 70 and over continues to be that they should take particular care to minimise contact with others outside their household.

If they do go out more frequently, they should be careful to maintain distance from others. They and everyone should continue to comply with any general social distancing restrictions.

We know that those aged 70 and over can be absolutely fit and healthy and it's not the case that everybody over 70 has a chronic health condition or an underlying disease.

But unfortunately, we also know that as you get older, there is a higher risk of coronavirus having a more serious impact with infection. Complications and deaths are more common in the elderly, even those without pre-existing conditions.