

## Advice for those who are 70 and over, have an underlying health condition or are pregnant

People who are 70 and over, or those who have an underlying health condition, are likely to be more seriously affected. It is even more important that you protect yourself now by following the advice above.

If you are at very high risk due to a serious underlying health condition, you should have already received a letter from the NHS containing specific guidance about what to do.

If you need shopping or medication, ask family, friends or neighbours to drop these at the door, or if possible, order online. Use NHS online services or the NHS App to book appointments or order repeat prescriptions – only phone if this is not possible.

GP consultations should be done over the phone or online, to minimise risk to you and other patients. GP practices may postpone non-urgent health checks or routine appointments.

There is helpful information and advice for pregnant women about coronavirus on the Royal College of Obstetricians and Gynaecologists' website.

## Support for businesses and workers

The Government knows that all these measures have a huge impact on businesses, households and people across the country and has taken action to protect lives and incomes.

### For businesses:

- More than £330bn is being made available in loans and guarantees.
- Another £20bn is being given to businesses through tax relief and cash grants.
- HMRC is deferring VAT payments for the next quarter.

### For workers and families:

- The Coronavirus Job Retention Scheme means employees can receive 80 per cent of their wages up to a maximum of £2,500 per month.
- The Coronavirus Self Employment Income Support Scheme will provide a grant to most self-employed individuals or partnerships, worth 80% of their profits up to a cap of £2,500 per month.
- Extra support for the unemployed and those on low incomes through Universal Credit and Tax Credits, worth up to £1,040.
- Nearly £1bn of additional support for renters.
- Mortgage holidays of three months for anyone in difficulty due to coronavirus, including owners of buy to let properties.

This is just some of the support available for businesses and workers. Further information is available online.