

Coronavirus guidance

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LATEST UPDATES:

- Lockdown restrictions are now in place across the UK - see below for more details.
- Despite the latest lockdowns, you are still allowed to travel to provide essential care. Read more [here](#)
- Carers are now included on the vaccination priority list in group 6 - make sure you are registered as a carer with your GP. Read more [here](#)

During this COVID-19 pandemic, it's important to know what support is available to you as a carer and those you look after.

If you are worried that you or someone you look after may be at high risk from coronavirus, NHS 111 can offer direct guidance through their online [coronavirus helpline](#). Call 111 if your (or their) symptoms become severe, and let them know you are a carer.

Getting help in Scotland, Wales or Northern Ireland

- Scotland: Check your symptoms [online](#).
- Wales: Check your symptoms [online](#).
- Northern Ireland: Call [111](#)

Wherever possible, we are all advised to stay at home and strictly follow [the social distancing rules](#), which may differ slightly according to where you are in the UK so [check your area](#).

Further to our guidance on [being prepared](#) and [contingency planning](#), we have answered some of your common questions around how to protect yourself and those you care for.

Click on the links below for answers to common questions about:

[What is the latest guidance for carers?](#)

[Staying safe - FAQs](#)

[Managing food and medication - FAQs](#)

[Benefits guidance - FAQs](#)

[Practical guidance - FAQs](#)

For the latest updates on changes to the benefits system, see our [A-Z of changes](#) to benefits, assessments and support. See below for more topics:

[Protecting who you care for](#) – for ways to minimise their risk

[Making a plan](#) – for useful tips on contingency planning

[Working and caring](#) – for support if you're juggling work with caring

[Protecting your mental wellbeing](#) – for tips on keeping positive

To connect with other carers, you may wish to join one of our wellbeing online chats – find out how [here](#).

Latest guidance on restrictions

With recent increases in cases and a fast-spreading new variant of the virus having been identified, new tighter restrictions are now in place for much of the UK.

In England, a new lockdown across England has come into effect from 6 January until at least the 22 February. The advice is to stay at home as much as possible, as in the first lockdown last March. Read more [here](#).

If you desperately need a break

You can arrange with family or friends for someone else to provide the care you normally provide to the person you care for, to enable you to take a break. [Read more](#)

In Scotland, from 5 January, a full lockdown has come into effect across mainland Scotland until at least the end of January. The advice is to stay at home as much as possible – [read more](#).

In Northern Ireland, you can find out about the current restrictions and rules to follow [here](#). A new six-week lockdown was introduced from 26 December.

In Wales, a new lockdown was introduced from 20 December due to rising levels of the virus. All of Wales is at very high alert level 4. If you or relatives live in Wales, you can find the latest guidance on the rules to follow [here](#) and we also have answers to some of your frequently asked questions on our [webpage](#).

You should not be prevented from visiting someone who relies on your support for care, but it is advisable to take every precaution possible.

Can I urgently visit someone in another country if they need me for care purposes?

Although most people cannot travel between countries in the UK now, there are exceptions for those who need to care for someone urgently. It is advisable to carry some form of proof, such as a letter from your doctor, to prove your role (see above).