This table is only a guide and you must check what restrictions are in place in your local area. Find your local council and check local restrictions: [gov.uk/find-local-council](https://www.gov.uk/find-local-council)

<table>
<thead>
<tr>
<th>People at high risk (extremely clinically vulnerable)*</th>
<th>People who have COVID-19 or have been in close contact with someone with COVID-19</th>
<th>People at moderate risk (clinically vulnerable)</th>
<th>The general population</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>What should I be doing?</strong></td>
<td>Limiting time spent outside the home, except for exercise.</td>
<td>Avoiding contact with others (including those you live with) and not leaving your home for any reason.</td>
<td>Reducing contact and staying 2 metres away from others (or 1 metre with extra measures in place).</td>
</tr>
</tbody>
</table>

**Close contact with people you live with**

- Yes – but the more you distance from your household the lower your risk. You should avoid contact with anyone with COVID-19 symptoms, a positive test or those asked to self-isolate.
- No – stay at least 2 metres away and do not share living spaces with someone who has COVID-19 symptoms or a positive test.

**Leaving your home for food shopping or medical supplies**

- You are advised not to go shopping or to get medical supplies yourself. Try to do this online or ask someone to do this for you.
- No – you must not leave your house. You should do this online or ask someone else to do this for you.

**Going to essential face-to-face medical appointments e.g. infusions**

- Yes – you should go to essential medical appointments.
- Tell your healthcare team before your appointment that you are self-isolating with COVID-19.

**Meeting others**

- Limit the number of social interactions you have. You must not meet people inside - unless they are part of your household bubble. Check local restrictions for how many people you can meet outside. Strictly follow social distancing if you meet others.
- No

**Leaving your home to go to work**

- No – you should not go to work and should work from home if possible. If you can’t work from home, check if you’re eligible for furlough or to claim benefits.
- Only if you can’t work from home and your workplace is COVID-secure. You should be offered the safest available roles.