

	People at high risk (<u>extremely clinically vulnerable</u>)*	People who have COVID-19 or have been in close contact with someone with COVID-19	People at moderate risk (<u>clinically vulnerable</u>)	The general population
What should I be doing?	Minimising time spent outside the home. Only going to places where it is possible to strictly socially distance.	Avoiding contact with others (including those you live with) and not leaving your home for any reason.	Taking all possible precautions when leaving the home.	Reducing contact and staying 2 metres away from others (or 1 metre with extra measures in place).
What can I do?	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.	Yes – but you should avoid contact with anyone with COVID-19 symptoms, a positive test or those asked to self-isolate.
	Leaving your home for food shopping or medical supplies	Yes – but try to do this online or ask someone to do this for you. Take all possible precautions (e.g. face covering, hand sanitizer, distancing) when shopping.	No – you must not leave your house. You should do this online or ask someone else to do this for you.	Yes, if necessary – but take all possible precautions (e.g. face covering, hand sanitizer, distancing) when shopping.
	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.	Yes – you should go to essential medical appointments.
	Meeting others	This depends on the restrictions in place for your nation. Check how many people you can meet and whether you can meet indoors or outside only. Follow social distancing if you meet others – and try to limit the number of social interactions you have.	No	This depends on the restrictions in place for your nation. Check how many people you can meet and whether you can meet indoors or outside only. Follow social distancing if you meet others.
	Leaving your home to go to work	You should work from home if possible. If you can't work from home, your workplace must be <u>COVID-secure</u> and you should be offered the safest available roles. Check if you're eligible for furlough or to claim benefits.	No	Only if you can't work from home and your workplace is <u>COVID-secure</u> . You should be offered the safest available roles.

* Shielding has paused in all UK nations. If your healthcare professional has told you to shield again, you are strongly advised to follow their guidance.