

With lockdown and shielding restrictions beginning to ease, some people are recommended to keep taking extra precautions to protect themselves from coronavirus. See the table for details.

	People at high risk (<u>extremely clinically vulnerable</u>)	People who have (or live with someone who has) COVID-19 symptoms or received a positive test	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 less with extra measures in place).	
What can I do?	Close contact with people you live with	Yes – you can be in close contact with people you live with.	No – stay at least 2 metres away and do not share living spaces with the person who has COVID-19 symptoms or a positive test.	Yes – you can be in close contact with people you live with.	See the other categories for whether you should socially distance from people you live with.
	Leaving your home for food shopping or medical supplies	Yes – but try to do this online or ask someone else 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 – take all possible precautions (e.g. face covering, hand sanitizer, distancing) when shopping.	Yes – follow social distancing.
	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.	Yes - follow social distancing.
	Leaving your home for exercise or to meet others	Yes – but try to exercise at home and go out infrequently. Follow your government's guidance on meeting others.	No	Yes – strictly follow your government's guidance on meeting others. Try to minimise time spent indoors with people you don't live with.	Yes – follow your government's advice on meeting others and keep 2 meters away from others.
	Leaving your home to go to work	Only if you can't work from home and your workplace is <u>COVID-secure</u> . You should be offered the safest available roles.	No	Yes, if your workplace is <u>COVID-secure</u> . You should be offered the option of the safest available roles, including working from home where possible.	Yes – follow social distancing at your workplace and when travelling to and from work.
	For how long?	Until further notice, unless your area implements local restrictions or your IBD team asks you to shield again.	10 days after your first COVID-19 symptoms or test. or 14 days after someone you live with first has symptoms.	Every time you leave your home. If your area implements local restrictions , follow your local authority's guidance.	Every time you leave your home. If your area implements local restrictions , follow your local authority's guidance.