

Everyone should be staying at home as much as possible and following social distancing to help reduce the risk of COVID-19. Some people may need to shield or self-isolate and socially distance from the people they live with. See the table for details.

	Shielding	Self-isolation	Strict social distancing	Social distancing	
Who should do it?	Extremely clinically vulnerable – people at a very high risk of a severe infection due to health conditions or some medicines	People with COVID-19 symptoms or People living with someone with COVID-19 symptoms	Clinically vulnerable – people at a moderate risk of a severe infection due to health conditions or some medicines	Everyone	
What does it mean?	Avoiding contact with others (including those you live with) and not leaving your home	Avoiding contact with others (including those you live with) and not leaving your home for any reason	Staying at home as much as possible. If you must go out, minimise time spent outdoors and follow social distancing, staying 2 metres away from others	Reducing contact with others and staying at least 2 metres away from people	
What can I do?	Close contact with people you live with	No – stay at least 2 metres away and do not share living spaces with people you live with	No – stay at least 2 metres away and do not share living spaces with the person who has symptoms	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	No. You should do this online or ask someone else 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	Yes – but try to do this online or ask someone else to do this for you if you can	Yes – follow social distancing when out
	Going to essential face-to-face medical appointments e.g. infusions	Yes – you should still go to essential medical appointments	Speak to your IBD team before your appointment to tell them you are self-isolating	Yes – you should still go to essential medical appointments	Yes - follow social distancing when out
	Leaving your home for exercise or to meet others	Yes – but try to exercise at home and go out as infrequently as possible. Follow your government's guidance on meeting others.	No	Yes – but try to exercise at home and go out as infrequently as possible. Follow your government's guidance on meeting others.	Yes – follow your government's advice on meeting others and keep 2 meters away from others
	Leaving your home to go to work	No	No	Yes – but only if you can't work from home and your workplace is COVID-19 secure	Yes – follow social distancing at your workplace and when travelling to and from work
	For how long?	Dependent on where you live. See our detailed information on shielding	7 days after your first COVID-19 symptoms or 14 days after someone you live with first has symptoms	Every time you leave your home	Every time you leave your home or If you are shielding or self-isolating and live with other people