

	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	No - try to stay at least 2 meters away from people you live with – especially if they have COVID-19 symptoms or have been 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 – you can be in close contact with people you live with unless they have COVID-19.
	Leaving your home for food shopping or medical supplies	England: No – do this online or ask someone to do this for you. Northern Ireland, Scotland, Wales: 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 – 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.
	Meeting others	This depends on where you live and what local restrictions are in place. There may be limits on how many people you can meet and whether you can meet indoors or outside. Follow social distancing if you meet others.	No	This depends on where you live and what local restrictions are in place. There may be limits on how many people you can meet and whether you can meet indoors or outside. Follow social distancing if you meet others.
	Leaving your home to go to work	England: No. If you can't work from home check if you're eligible for furlough or to claim benefits. Northern Ireland, Scotland, Wales: 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	Only if you can't work from home and your workplace is <u>COVID-secure</u> . You should be offered the safest available roles.