

Shielding guidance for UK nations

	England	Northern Ireland	Scotland	Wales	If you're asked to shield again due to a local outbreak
How long will I be shielding?	National shielding paused on 1 August. You do not need to shield unless you are asked to shield again due to a local outbreak.			National shielding will pause on 16 August. Until then follow the below guidance.	Check with your local authority. Local restrictions will usually be reviewed every 2 weeks.
Close contact with people I live with	Yes – you can be in close contact and do not need to socially distance from people you live with when you are at home or outside with them.			No – stay 2 metres away from people you live with (unless they are shielding), do not share living or sleeping spaces, and regularly wash your hands and frequently touched surfaces. You should keep your distance if you go outside with people you live with.	You may be advised to stay 2 metres away from people you live with (unless they are also shielding). Try not to share living or sleeping spaces, and regularly wash your hands and frequently touched surfaces. You should also keep your distance if you go outside with people you live with.
Leaving home for food, shopping or medical supplies	Yes – you can now leave home to go shopping, but try to do this online or ask someone else to do this for you.			No – you should do this online, arrange for home delivery or ask someone else to do this for you.	No – you should do this online, arrange for home delivery or ask someone else to do this for you.
Going to medical appointments e.g. infusions	Yes – you should still go to essential face-to-face medical appointments.				
Leaving home to meet others	Yes – you can meet with people from other households, but you must keep 2 metres away from people you don't live with. The number of people you can meet depends on where you live and whether you are meeting inside or outside, so check your government website or see an overview at instituteforgovernment.org.uk				You may be advised not to meet others at this time.
Forming a support bubble or extended household	Yes – you can form a support bubble or extended household with one other household if you live alone. You can be in close contact with people in your support bubble or extended household.			Yes – two households can join to form an extended household. This includes people who are shielding – but, where possible, you should socially distance from people in your extended household.	If local guidelines allow you to remain part of a support bubble or extended household, you may be advised to socially distance (stay 2 metres away) from the people in your bubble or extended household.
Leaving home for exercise	Yes – you can take unlimited exercise outdoors, but you should still try to only go out infrequently.				You may be advised to exercise at home as much as possible.
Leaving home to go to work	Yes – but only if you can't work from home and your workplace is COVID-19 secure . You should be offered the safest available on-site roles and your employer should carry out a COVID-19 risk assessment.			No – not until shielding is paused. Until then, you should work from home if you can. If you're unable to work from home you may be eligible for other support such as the Coronavirus Job Retention Scheme , Statutory Sick Pay , the Self-employment Income Support Scheme or Universal Credit .	No – you should work from home if you can. If you're unable to work from home you may be eligible for other support such as the Coronavirus Job Retention Scheme , Statutory Sick Pay , the Self-employment Income Support Scheme or Universal Credit .
Where can I find more information?	Public Health England Guidance on Shielding	Northern Ireland Government Guidance on Shielding	Scottish Government Guidance on Shielding	Welsh Government Guidance on Shielding	Check your local authority website as shielding restrictions may differ from the general guidance above.