

	England	Northern Ireland	Scotland	Wales	
How long will I be shielding?	Until 31 July 2020.	Until 31 July 2020, subject to the rate of transmission remaining low.	Until at least 31 July 2020.	Until at least 16 August 2020	
When will shielding be reviewed?	NHS will write to those shielding before 30 June 2020	Under constant review.	The Chief Medical Officer will write to those shielding. Shielding will be reviewed again before 31 July 2020.	The Chief Medical Officer will write to those shielding advising what to do after 16 August 2020.	
What can I do?	Close contact with people I live with No – stay at least 2 metres away from people you live with (unless they are also shielding), do not 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 No – you should do this online, arrange for home delivery or ask someone else to do this for you.				
	Going to essential face-to-face medical appointments e.g. infusions Yes – you should still go to essential medical appointments.				
	Leaving home to meet others	Yes – you can spend time outdoors with people you live with and meet people from other households - keeping 2 meters away from others and only meeting one person at a time. From 6 July you can meet up to 5 others and form a support bubble if you live alone.	Yes – you can spend time outdoors with people you live with, or one person from another household if you live alone – keeping 2 meters away from others and only meeting one person at a time. From 6 July you can meet up to 5 others and form a support bubble if you live alone	Yes – you can spend time outdoors with people you live with and meet people from one other household - keeping 2 meters away from others and only meeting up to 7 others at a time, from a maximum of one other household.	Yes – you can spend time outdoors with people you live with and meet people from one other household - keeping 2 meters away from others and only meeting one person at a time.
	Leaving home for exercise	Yes – you can exercise outdoors, but it's recommended you only go out once a day.	Yes – you can take exercise outdoors.	Yes – you can take unlimited exercise outdoors and take part in non-contact outdoor activities like golf, hiking, outdoor swimming, or fishing.	Yes – you can take unlimited exercise outdoors.
	Leaving home to go to work	Not until your nation ends their shielding programme (See 'How long will I be shielding' above). 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 .			
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	