A quick guide to risk for the shielding group

**Low risk**

- **Being active**
  - Exercising outdoors alone
  - Outdoor non-contact activities
  - Going swimming

- **Health and care**
  - Getting personal care at home
  - Seeing your GP or clinician
  - Going to a pharmacy

- **Meeting others**
  - Meeting people outdoors
  - Forming an extended household

- **Shopping and leisure**
  - Going to an outdoor market
  - Going to the shops
  - Getting your haircut

- **Travel and holidays**
  - Pay for petrol at the pump
  - Self-catering accommodation
  - Travelling outwith your area

- **Eating and drinking**
  - Picnic outside with others
  - Sitting outside a café, restaurant or pub

**Higher risk**

- **Outdoor contact sports**
- **Indoor non-contact activities**
- **Going to the gym**

- **Providing care for others**
- **Sitting in a busy waiting room**
- **Visiting a day centre**

- **Meeting people indoors**
- **Physical contact with people you do not live with**

- **Going to a museum**
- **Going to a busy beach**
- **Going to the cinema**

- **Going in someone else’s car**
- **Staying at a hotel**
- **Travelling by bus or train**

- **Having people over for a meal**
- **Sitting inside a café, restaurant or pub**

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For school and work, see separate guidance.

mygov.scot/shielding