

A quick guide to risk for the shielding group



Keep 2 metres apart



Wash hands regularly



Let in fresh air



Reduce exposure time

Low risk

Higher risk

Being active

Exercising outdoors alone
Outdoor non-contact activities
Going swimming

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

Health and care

Getting personal care at home
Seeing your GP or clinician
Going to a pharmacy

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

Meeting others

Meeting people outdoors
Forming an extended household

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

Shopping and leisure

Going to an outdoor market
Going to the shops
Getting your haircut

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

Travel and holidays

Pay for petrol at the pump
Self-catering accommodation
Travelling outwith your area

Going in someone else's car
Staying at a hotel
Travelling by bus or train

Eating and drinking

Picnic outside with others
Sitting outside a café, restaurant or pub

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