



Scottish Government
Riaghaltas na h-Alba
gov.scot

COVID-19 – Framework for Decision Making

Shielding: A way Forward for Scotland Summary Easy Read

June 2020

Shielding: A Way Forward for Scotland Summary Easy Read

What is this easy read about?



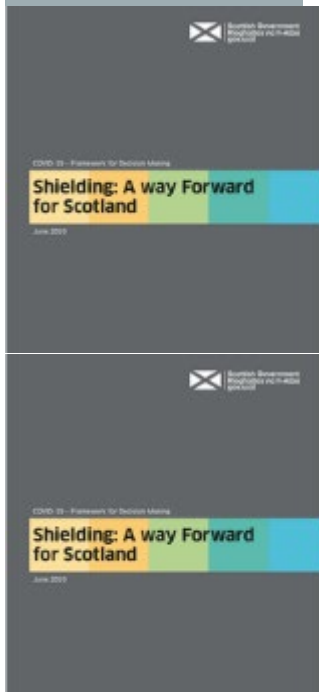
Coronavirus has meant lots of changes



Some people are staying at home all the time. This is called Shielding



This is because these people could become very ill



The Scottish Government has written a document to answer questions about how these people can do more things

This easy read is about some of the most important points in this document

What should people who are shielding do?



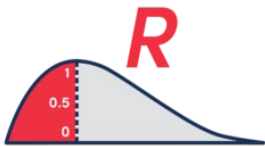
People were told to shield for 12 weeks until 18 June



People are now being told to shield until 31 July



The Scottish Government know this is very hard for people to do.



The scientific evidence says that it is still not safe for people to stop shielding

What is going to happen?



The Scottish Government has ways to help people who are shielding. Help like getting food deliveries.



People will have a condition which is the medical reason why they need to be shielding



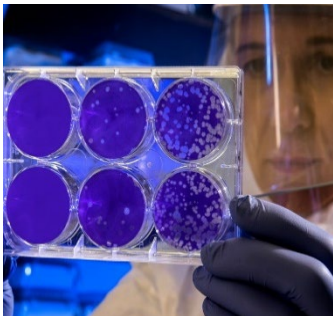
They will get more information about why this is important for them to do



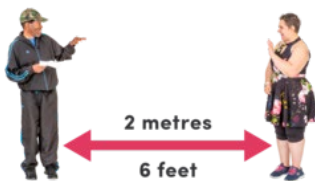
They will get more information on how to avoid becoming ill from Coronavirus



They will get more information before the **31st July**



Experts are learning more and more about the virus and this will help



Everybody in Scotland should help to make things safer for people who are shielding

Will people who are shielding be able to exercise?



People who are shielding should be able to exercise from the 18 June. The Scottish Government will say if they can soon.



The Scottish Government says some exercise is a good idea. People can walk



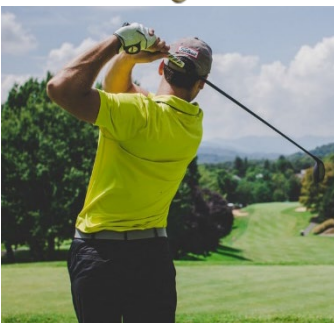
People can cycle



People can run



People can use a wheelchair

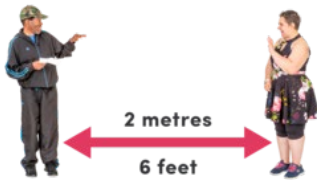


People should not other outside activities like playing golf



Do not meet with anyone that you do **not** live with

Be **very careful** about physical distancing



Try go out when it is **quiet** and other people will not be around



Wash your hands for 20 seconds when you go back home



More easy read advice on shielding and other advice about Coronavirus can be found at <https://www.nhsinform.scot/translations/formats/easy-read/coronavirus-covid-19>