

A quick guide to risk for the shielding group

 Keep 2 metres apart	 Wash hands regularly	 Let in fresh air	 Reduce exposure time
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	Low risk	Higher risk
Being	Exercising outdoors alone Outdoor non-contact activities Going swimming	Outdoor contact sports Indoor non-contact activities Going to the gym
Health	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	Meeting people outdoors Forming an extended household	Meeting people indoors Physical contact with people you do not live with
Shopping and	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	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	Picnic outside with others Sitting outside a café, restaurant or pub	Having people over for a meal Sitting inside a café, restaurant or pub