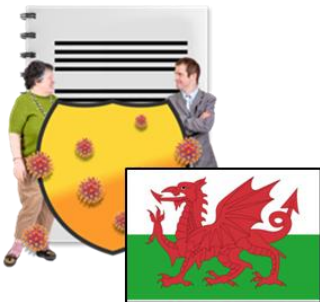




Shielding advice for Wales until 16 August 2020

From: Dr Chris Jones, Deputy Chief Medical Officer

Date: 22 June 2020



I am writing this letter to let you know that the **shielding** advice for people in **Wales** is **not changing**.



Shielding means staying home all the time because you are at risk of getting very ill if you get coronavirus.

People who should be **shielding** have been sent letters from Welsh Government.



If you are **shielding**, please keep following the **shielding** advice.



We know **shielding** is not easy. We are asking you to follow our **shielding** advice to keep you safe. And to stop you getting very ill.



There is less coronavirus in Wales now, but it has not gone completely. There is still a risk of catching it, and that is why our advice has not changed.



We want to make it clear that even though the **shielding** advice in England is changing, it is **not** changing in Wales.



The **shielding** advice in Wales will stay the same until at least **16 August 2020**.



We know **shielding** is hard, so we will keep checking the advice every 3 weeks to decide:

- if it is still needed and
- if we can make any changes.

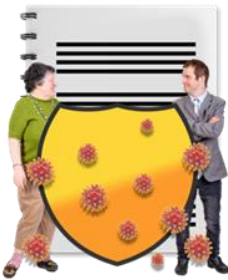


We have not forgotten you. We are working hard to learn more about coronavirus. And to find a way of giving people the best advice for their needs.



Until then, it is a good idea to go outside and enjoy some of the good weather we are having. This is good for your health and well-being.

Shielding advice for Wales



Here is a reminder of the [shielding](#) advice for Wales.



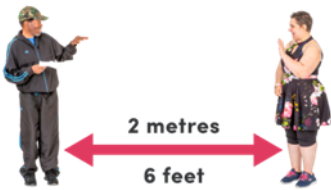
You can go outside to exercise as much as you want. Try to go out when it is not very busy.



You can meet friends and family who live in **1 other house**. As long as you are outside.

Do **not** go into their house. They should **not** go into your house. Do **not** share food.

At all times you must:



- Stay at least 2 metres away from other people.



- Wash your hands often and try not to touch your face.



You should not go out for shopping.



You should not go out to work.



You should sleep in a bed on your own.



Do not share things like knives, forks, plates, cups or towels.



You should clean the bathroom after every time it is used.

What next?



If anything changes we will send you letters to tell you what is happening.



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