Changes to the advice for people who are shielding from 1 June 2020

From: Welsh Government

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This statement is about changes to the advice for people who are shielding. The advice for people who are shielding changes on 1 June 2020.

**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.

**Shielding** is really hard. It can affect your mental and physical health. So it is important that people are not shielding for too long.
There are 2 changes to the advice for people who are shielding:

1. **Exercise**

You can go outside to exercise. You can go outside to exercise as much as you want. But you must still follow the rules for keeping safe:

- Stay at least 2 metres away from other people.

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

And you should try to go out when it is not very busy.
2. Meeting other people

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

You must not go into their house. And they must not go into your house.

You must not share food with the people you meet.

And you must still follow the rules for keeping safe:

- stay at least 2 metres away from them
- wash your hands often and try not to touch your face.
Ongoing advice for people who are shielding

There are no other changes to the advice for people who are shielding.

You must keep following the shielding advice given before:

- You should not go out for shopping.
- You should not go out to work.
- You should get your food and medicines delivered to your home.
This shielding advice will stay the same until 15 June.

You will get a letter from the Chief Medical Officer for Wales before 15 June about what will happen next.

The Chief Medical Officer for Wales will now start checking the advice for shielding every 3 weeks.

But because coronavirus is still around, it is unlikely that the advice for shielding will change again any time soon. We will send you letters to keep you informed.

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