



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

From: Welsh Government

Written by: Vaughan Gething, Minister for Health and Social Services

Date: 31 May 2020



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.

The changes

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.



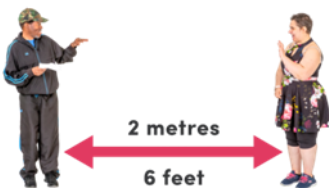
You must not go into their house. And they must not go into your house.



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

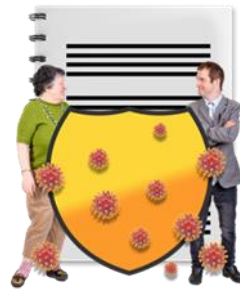


- wash your hands often and try not to touch your face.

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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