

# SHIELDING AND COVID-19



13 OCTOBER 2020

All areas in England are medium *unless* listed here:  
<https://www.gov.uk/guidance/full-list-of-local-covid-alert-levels-by-area>

This is a summary of the new rules applying to ENGLAND. Full SHIELDING advice update is here:  
<https://bit.ly/2Fo5kvN>

For WALES:  
<https://gov.wales/coronavirus>



For SCOTLAND:  
<https://www.gov.scot/publications/coronavirus-covid-19-what-you-can-and-cannot-do/>

For NORTHERN IRELAND:  
<https://www.nidirect.gov.uk/articles/coronavirus-covid-19-regulations-guidance-what-restrictions-mean-you>

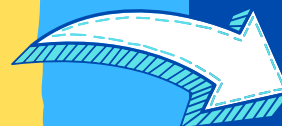
## Tier System Explained...



### Tier 1 - Medium alert

10pm curfew for bars

No more than 6 people allowed to gather



### Tier 2 - High alert

No mixing of households indoors

Two households can meet in a private garden

Rule of 6 still applies

Social distancing applies



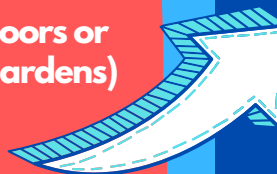
### Tier 3 - Very high alert

No mixing of households indoors or outdoors (including private gardens)

Pubs and bars closed

Avoid non-essential travel

Travel outside the area advised against



Email: [chair@pcdsupport.org.uk](mailto:chair@pcdsupport.org.uk)

## Additional Shielding Information

Your local alert level will now determine shielding advice. It will be less restrictive than in March 2020.

**Socialising:** Keep to minimum, outdoors is best, strict social distancing, good ventilation important indoors.

**Public Transport:** LIMIT where possible.

**Work:** from home if possible

**Shopping/Pharmacies:** Quiet times of day best.



**Socialising:** Do not meet indoors. Keep outdoor meetings as low as possible. Continue to exercise outdoors with your household/bubble.

**Public Transport:** AVOID where possible.

**Work:** from home if possible

**Shopping/Pharmacies:** Minimise trips you make. Try to do online if possible.



**Socialising:** Go outside for exercise at quiet periods. If possible, you may want to social distance with members of your household.

**Public Transport:** AVOID. Stay at home as much as possible.

**Work:** STRONGLY advised to work from home. If not possible ask about changing work patterns.

**Shopping/Pharmacies:** AVOID. Try to shop online or ask your support bubble/ household.

There may be additional restrictions in very high alert areas. You will be contacted by the government/ local authorities in such cases.

