



WHAT TO DO IF YOU ARE VULNERABLE

KEEP YOURSELF INFORMED!

Find out what the level of alert is in your area:

<https://www.gov.uk/guidance/full-list-of-local-covid-alert-levels-by-area>

Shielding has NOT been introduced but advice varies for each alert level

MEDIUM ALERT TIER 1

HIGH ALERT TIER 2

VERY HIGH ALERT TIER 3

- Strictly observe social distancing
- Meet others outside where possible
- Limit unnecessary journeys on public transport
- Work from home where possible
- People can still go to work and children should still attend school
- Rule of six applies

- Reduce the number of different people you meet outside
- Avoid travel except for essential journeys
 - Work from home where possible
- Reduce the number of shopping trips made or go at quieter times of the day
- Going to work - in Covid-secure workplaces - permitted if they cannot work from home
 - Children should still attend school
 - Restrictions on not meeting other households indoors, unless part of a support bubble apply as does the rule meet in groups of no more than six outdoors

- Work from home
 - Stay at home as much as possible
 - Avoid all but essential travel
 - Reduce shopping trips, and if possible use online delivery or ask people in your household, support bubble or volunteers to collect food and medicines
- People in these areas are encouraged to still go outside for exercise, and can still go to school and to work if they cannot work from home
 - Additional support should be available from local authorities