

Strategic Framework

Extra protection level advice for people at highest risk from coronavirus (COVID-19)

All levels: we will not ask you to distance from people within your own homes or to stop taking outdoor exercise.

	Level 0	Level 1	Level 2	Level 3	Level 4
Contact with others	Follow the level advice to the general population	Follow the level advice to the general population	Reduce the number of people or households you have face to face contact with Avoid one metre zones	Limit meeting people outside your own household, avoid indoor public spaces	Minimise contact with people outside your own household if you can You should not take public transport
Shopping	Strictly follow the guidelines when shopping	Strictly follow the guidelines when shopping	Strictly follow the guidelines when shopping	Strictly follow the guidelines when shopping and limiting the number of times you go to a shop Shop at quieter times	Strictly follow the guidelines when shopping and limiting the number of times you go to a shop Shop at quieter times
If you cannot work from home	Following a workplace risk assessment, your employer should make the necessary adjustments to your workplace to protect you You can discuss getting a fit note with your GP or clinician if you still feel unsafe	Following a workplace risk assessment, your employer should make the necessary adjustments to your workplace to protect you You can discuss getting a fit note with your GP or clinician if you still feel unsafe	Following a workplace risk assessment, your employer should make the necessary adjustments to your workplace to protect you You can discuss getting a fit note with your GP or clinician if you still feel unsafe	Speak to your employer to ensure all appropriate protections are in place If they are not, discuss getting a fit note with your GP or clinician	The Chief Medical Officer will issue a 2-week fit note. This will protect you from coronavirus while you speak to your GP or consultant to get a personal fit note if needed
School/formal Childcare	Follow the level advice to the general population	Follow the level advice to the general population	Follow the level advice to the general population	Parents or guardians should discuss with their GP or clinician whether children should still attend	Children on the shielding list should not attend in person

