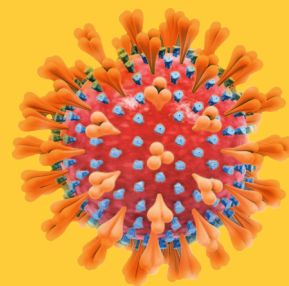


Coronavirus

Shielding



Some people are **extremely vulnerable** and coronavirus could kill them.

They must stay home and not go out at all. This is called shielding.

If you are shielding



Stay home for 12 weeks on your own.



Talk to family, carers or friends. You will need support.



If you do not have support speak to a health or care worker.