

Q&A on shielding – lockdown arrangements

- **Will arrangements for the shielding group change in light of the announcements about lockdown for the wider public?**

At the moment, no decisions have been made about the shielding period post-June, although as you will expect, discussions have already begun. We will be working with the UK Government and the other devolved administrations to plan the next steps and to communicate to people who are shielding in good time, so they know what to expect.

- **The advice has changed for people leaving the house - can I go out for exercise now?**

Advice to those who are shielding remains the same, **stay at home until mid-June**. We will be contacting all those shielding before the end of this period with further advice.

- **Do I still need to keep to the same social distancing rules in the house?**

Yes. As much as possible please try to minimise the time spent with others in shared spaces. You should aim to keep two metres apart, eat meals separately, keep areas well ventilated and sleep in separate beds if possible. Other members of the same household should take extra precautions when leaving and entering the home to keep the shielding person protected.

- **Will I still get my supermarket priority delivery slot / food box / pharmacy delivery service?**

Yes. Support for those shielding who cannot access help from friends, family or the community remains in place. This includes priority delivery slots with major food retailers and having your medicine delivered by your community pharmacy. If you need to receive a weekly food parcel please contact your local authority.

- **Can my friends and family visit me?**

The advice on seeing people remains the same – do not have visitors to your home and any deliveries need to be left at the door. Keep in touch with friends and family on the phone, the internet and social media.

- **My child is shielding – what ongoing support is available to them?**

Working with all education settings, we have launched a plan to keep young people learning and to keep them safe. We have also announced investment in providing learners in most need with kit to help them continue with their education.

- **I've read that workplaces are reopening – what does that mean for me and my family?**

The advice in Wales remains that everyone should work from home wherever they can.

- **I understand that garden centres, libraries and municipal recycling centres are starting to open up in Wales. If people in my household are allowed to go out more what does that mean for me a shielded person.**

If someone who is shielding lives with others, the rest of the household does not need to undertake shielding measures, but they must follow [guidance on social distancing](#). We recognise these will be very difficult behaviours for many people. Other members of the same household should take extra precautions when leaving and entering the home to keep the shielding person protected.

- **If schools do reopen, as a shielding parent should I send my child in?**

There are currently no plans to reopen schools in the next three weeks – we will give you further advice as the situation develops.