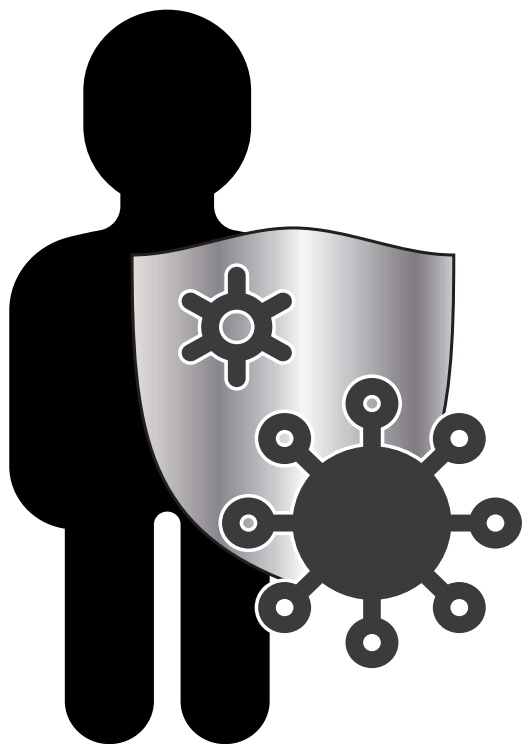




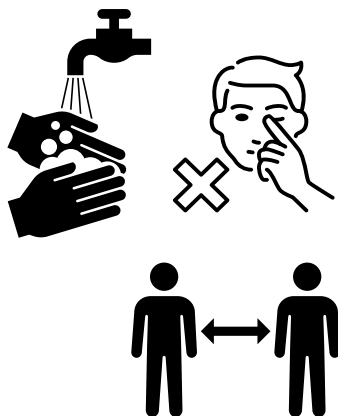
HM Prison &
Probation Service

Shielding

Helping protect you from Coronavirus



Everyone needs to do their best to stay safe from Coronavirus.



Three important ways to help fight the infection are:

- 1) Washing your hands regularly
- 2) Avoiding touching your face
- 3) Staying two metres (or four large paces) apart from other people

You may also need to 'shield' yourself from others.



Older people and people with certain health conditions are advised to shield because they are more at more risk if they catch the virus.

Shielding is particularly important in prisons, because infections can spread more easily in closed environments.



If you are medically vulnerable you will have got a letter from the health authorities.



Shielding is your choice. If you would like to discuss shielding, the healthcare staff are here to help you.



You can also change your mind about shielding later on. Again, the healthcare team can help you with this.

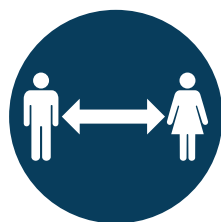
If you decide not to shield, then it is really important you still follow the 'hands, face and space' rules.



HANDS



FACE



SPACE