Two million people are vulnerable because coronavirus could kill them.

The NHS sent letters to these people about shielding.

**Rules from 1st June**

You can now go outside once a day with people you live with.

If you live on your own you can meet one other person.

Only do this if you feel safe and always keep your distance.

If you feel ill stay home and phone your GP or get advice from 111.

In an emergency call 999.

Updated June 2020