

Coronavirus (COVID-19) protection level

Level 1



Meeting people

Up to 6 people from 2 different households can meet indoors.

Up to 6 people from 2 different households can meet outdoors.



Hospitality (like pubs and restaurants)

Selling alcohol **indoors** and **outdoors**: allowed (may be time restrictions).

Selling alcohol with food: allowed (may be time restrictions).

Takeaways are allowed for food and alcohol.



Accommodation (like hotels, B&Bs, caravan and campsites)

Open with social distancing rules.



Travel

No non-essential travel to or from Level 3 or higher areas in Scotland and equivalents in rest of UK.

Exemptions for essential travel for work, education, shopping, health etc; outdoor exercise; weddings and funerals; and travelling through restricted areas.

Quarantine arrangements in place when returning from some places abroad.

Otherwise no further restrictions.



Transport

Walk, run or cycle where you can.

Avoid car sharing with people outside your household where you can.

Wear face coverings on public transport, unless you are exempt.



Shopping

Open.



Close contact services (like hairdressers, tailors, beauticians)

Open.

Mobile services allowed.



Public buildings (like libraries)

Open.



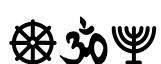
Stadiums and events

Outdoor events seated and open space allowed.

Outdoor grouped standing events not allowed.

Small indoor seated events allowed.

Stadiums: open with restricted numbers.



Worship



Open but limited to 50 people.



Life events

Wedding and civil partnerships: limited to 20 people.

Funerals: limited to 20 people.

Wakes and receptions allowed but limited to 20 people.



Early learning and formal childcare

Allowed with protective measures in place.



Informal childcare

Allowed if following household numbers guidance.



Schools

Open with protective measures in place.



Colleges and universities

Blended learning (in-person and online teaching).



Driving lessons

Allowed.



Sports and exercise

All allowed except 18+ indoor contact sport (professional allowed).



Leisure and entertainment

Open except adult entertainment and nightclubs (unless events are allowed).

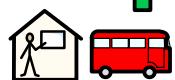


Visitor attractions

Open.



Public services



Open.



Children activities (like youth clubs and children's groups)

Allowed.



Support services (like mental health, counselling, day services)

Allowed.



Offices and call centres

Essential only - work from home.



Other workplaces

Open but working from home by default, where possible.



Shielding

Contact with others: follow the level advice to the general population.

Shopping: strictly follow the guidelines when shopping.

If you cannot work from home: 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.

School/formal childcare: follow the level advice to the general population.