

Coronavirus (COVID-19) protection level

Level 4



Meeting people

No meeting people in your home you do not live with.

Up to 6 people from 2 different households can meet outdoors and in public places.



Hospitality (like pubs and restaurants)

Closed except for hotels.

Takeaways allowed on food and drink.



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

Essential (like work-related) only.



Travel

No non-essential travel to or from Level 4 area.

There may be limits on travelling distance or requirement to stay home.

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.



Transport

Walk, run or cycle where you can.

No use of public transport unless essential.

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

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



Shopping

Closed. Non-essential retail (click and collect allowed)



Close contact services (like hairdressers, tailors, beauticians)

Closed.

Mobile services not allowed.



Public buildings (like libraries)

Closed.



Stadiums and events

Not allowed and closed to spectators.



Worship

Open but limited to 20 people.



Life events

Wedding and civil partnerships: limited to 5 people (6 with an interpreter).

Funerals: limited to 20 people.

Wakes and receptions allowed but limited to 20 people.



Early learning and formal childcare

Allowed but subject to further restrictive measures.



Informal childcare

Key worker informal childcare only. Must follow household numbers guidance. Children only may enter other households.



Schools

Open with enhanced and targeted protective measures in place.



Colleges and universities

Restricted blended learning (in-person and online teaching).



Driving lessons

Not allowed.



Sports and exercise

Indoor gyms closed.

Outdoor non-contact sports only (professional allowed).



Leisure and entertainment

Closed.



Visitor attractions

Closed.



Public services

Essential face to face services only (online where possible)

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

Indoor activities not allowed.

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

Allowed but online where possible.

**Offices and call centres**

Essential only - work from home.

**Other workplaces**

Allowed:

- essential workplaces
- outdoor workplaces
- construction
- manufacturing

**Shielding**

Contact with others: stop contact with people outside your own household if you can. You should not take public transport.

Shopping: strictly follow the guidelines when shopping and limit the number of times you go to shop. Shop at quieter times if you can.

If you cannot work from home: The Chief Medical Officer will issue an automatic two week fit note to give people on the shielding list protection while they speak to their GP or consultant and get a personal fit note if necessary.

School/formal childcare: children on the shielding list should **not** attend in person.

This guide has been adapted from Scottish Government guidance.

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