

Scottish Government Shielding route map (for those at highest risk)

Decisions will be kept under review as the evidence base on the impact of the virus and the effectiveness of different interventions builds. **Further guidance will be available for each change on mygov.scot/shielding.**

Hygiene helps: No matter what our shielding advice is, it is important to regularly wash your hands and clean hard surfaces. Everyone should also cover their mouths to cough. This should either be into a tissue which you can dispose straightaway, otherwise into your bent elbow.

	Up to 10 July	From 17 July	From 24 July	Shielding paused
		Confirmed 16 July	Confirmed 23 July	From 1 August
How to protect yourself and others	Physically distance from people you live with	No need to physically distance from the people you live with	No need to physically distance from the people you live with	Strictly follow the physical distancing guidance in Scotland
	Face coverings if you can't physically distance	Face coverings should be worn if you cannot physically distance as well as where mandatory	Face coverings should be worn if you cannot physically distance as well as where mandatory (shops and public transport)	Face coverings should be worn if you cannot physically distance as well as where mandatory (shops and public transport)
Seeing family and friends	Meet outdoors with up to 8 people from only 1 other household	Meet outdoors with up to 8 people from 2 other households	Meet outdoors with up to 15 people from 4 other households	Guidance on meeting people same as wider population, but maintain physical distancing
		Use of indoor toilets if visiting people outdoors	Meet indoors with up to 8 people from 2 other households	
		Can form an extended household group ¹	Can form an extended household group ¹	
Getting around	Travel up to 5 miles for outdoor exercise	No limit on distance you can travel	No limit on distance you can travel	Travel guidance same as wider population
	Avoid public transport	Avoid public transport	Can use public transport wearing a face covering	
	Only go in a car with those you live with	Only go in a car with those you live with	Only go in a car with those you live with or are in your household group	Guidance on car travel the same as wider population

¹ An adult living alone, or living only with children under 18, can agree with another household to form an “extended household group”. This now applies to non-cohabiting couples too. This means you are treated as one household and do not need to maintain physical distancing.

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Leisure, shopping, and eating out	Avoid staying anywhere outside your own home	Can use all holiday accommodation	Can use all holiday accommodation	Holiday guidance same as wider population
	Avoid going inside any building other than your own home		Can go to pubs and restaurants with outdoor spaces	Can attend indoor pubs and restaurants
		Can go to outdoor markets	Can go into indoor shops², pharmacies and indoor markets Can attend hairdressers and barbers³	Retail and leisure guidance same as wider population
		Can visit outdoor gardens	Can visit museums, galleries, libraries, cinemas	Can attend places of worship for congregational services, communal prayer and contemplation
Children and young people	Since 30 June, some children and young people will receive letters explaining they no longer need to shield		Children who live with someone shielding can attend formal childcare providers	Children who had been asked to shield can return attend formal childcare providers All children can return to school
Work and education	Work from home, where possible	Work from home, where possible	Work from home, where possible	Can return to a Covid safe workplace
				Can return to universities and college in the phased return to campus

² This includes garden centres.

³ Check with the company owner that they have put in place “enhanced hygiene measures”. They will know what this means.