Staying safe with daily activities

There are simple things you can consider doing to lower your risk of exposure. This will help you stay safe as you start to do more activities outside your home.

mygov.scot/shielding

**Up to 8 people from 2 other households indoors**
- staying outdoors or opening windows if inside
- meeting people from no more than 4 other households in a single day
- washing your hands or using a hand sanitiser often

**Up to 15 people from 4 other households outdoors**
- avoiding queues by choosing quieter times
- reducing the number of trips with one big shop
- putting on your face covering before wiping down the handles of your trolley or basket

**Seeing friends and family**
- keeping hard surfaces clean and avoiding touching the same surfaces as others
- bringing your own food, plates and cutlery if eating together
- not eating from the same bowl as others

**Can go into shops, pharmacies and indoor markets**
- using self-scan or self-checkout, so it’s only you touching your items
- considering using contactless payment
- washing your hands or using a hand sanitiser as soon as you can afterwards

**Can go to restaurants, cafes, bars and pubs**
- bringing your own food, plates and cutlery if eating together
- avoiding queues by booking in advance if you can
- choosing times that are more likely to be quiet
- avoiding going into 1 metre zones

**Eating and drinking**
- choosing quieter times or sitting in quiet areas
- staying outside if you can and sitting in an outdoor seating area
- avoiding going into 1 metre zones

**Going shopping**
- avoiding touching hard surfaces and use a hand sanitiser if you do
- choosing businesses with enhanced hygiene measures

**Can visit museums, libraries, cinemas etc.**
- choosing times that are more likely to be quiet
- avoiding going into 1 metre zones

**Leisure venues**
- avoiding touching hard surfaces and use a hand sanitiser if you do
- choosing businesses with enhanced hygiene measures

**Public transport**
- booking tickets in advance if you can
- choosing times that are more likely to be quiet
- putting on your face covering before you get on

**Can use public transport including taxis**
- taking a hand sanitiser and using it regularly
- avoiding anyone with symptoms

**Do not go outside if you have any of the coronavirus symptoms**
- Call 111 and book a test

**General hygiene**
- trying to avoid touching your face
- washing or disposing of your face covering after using
- taking a bag to put used tissues into

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**FACTS**
for a safer Scotland

- Face coverings
- Avoid crowded places
- Clean your hands regularly
- Two metre distance
- Self isolate and book a test if you have symptoms