



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

Only meet people from your own or extended household indoors
Up to 6 people from up to 2 households can meet outdoors



Seeing friends and family

You can go into shops, pharmacies and indoor markets
Wear a face covering unless you are exempt



Going shopping

Stay safe by...

- maintaining physical distancing from people
- not going inside another household
- washing your hands or using a hand sanitiser often

- 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

Stay safe by...

- 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

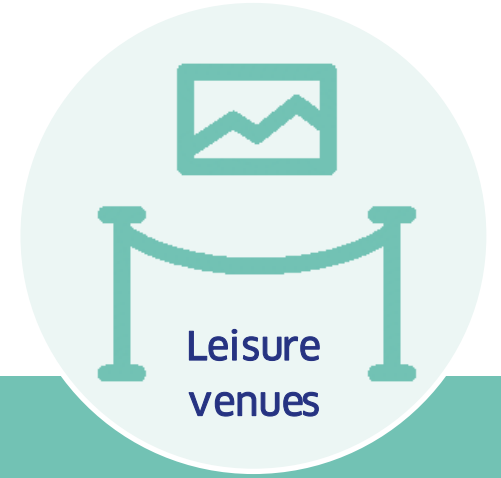
- using self-scan or self-checkout, so it's only you touching your items
- considering using contactless payment
- washing your hands or using a hand sanitiser as soon as you can afterwards

Wear a face covering unless you are exempt
You may be asked to provide contact details to support Test and Protect



Eating and drinking

Wear a face covering unless you are exempt
You may be asked to provide contact details to support Test and Protect



Leisure venues

Stay safe by...

- 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

- sitting facing away from people outwith your group
- washing your hands or using a hand sanitiser before and after eating
- considering using contactless payment

Stay safe by...

- avoiding queuing by booking in advance if you can
- choosing times that are more likely to be quiet
- avoiding going into 1 metre zones

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

You can use public transport including taxis
Wear a face covering unless you are exempt



Travel and transport

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



General tips

Stay safe by...

- only car-share with people in your household
- travelling at times that are more likely to be quiet
- putting on your face covering before getting on public transport

- avoiding touching hard surfaces and using a hand sanitiser if you do
- sitting near an open window if you can
- washing your hands or using a hand sanitiser as soon as you get off

Stay safe by...

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

- taking a hand sanitiser and using it regularly
- avoiding anyone with symptoms
- downloading the NHS Protect Scotland app

Remember
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