**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**

**New guidance from 14 September:**
Up to 6 people from up to 2 households can meet indoors or outdoors

**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

**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**
Wear a face covering unless you are exempt

**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

**Can use public transport including taxis**
Wear a face covering unless you are exempt

**Stay safe by...**
- 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

**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

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

**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

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

**Eating and drinking**
- choosing quieter times or sitting in quiet areas
- sitting facing away from people outwith your group
- washing your hands or using a hand sanitiser before and after eating
- considering using contactless payment

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

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

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

**Going shopping**
- 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

**Staying outdoors or opening windows if inside**
- maintaining physical distancing from people outwith your household
- washing your hands or using a hand sanitiser often

**Avoiding outdoors if you have any of the coronavirus symptoms**
- 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

**mygov.scot/shielding**

**Download the app and get the latest updates**

**Face coverings**
- Wearing a face covering when you are in public
- Avoid crowded places
- Clean your hands regularly
- Two metre distance
- Self isolate and book a test if you have symptoms

**F A C T S**
for a safer Scotland