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

Stay safe by...

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

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

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

Stay safe by...

- 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

General tips

- 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
- 2M Two metre distance
- Self isolate and book a test if you have symptoms