

# New Coronavirus rules in Scotland from Tuesday 5<sup>th</sup> January 2021



People First  
(Scotland)



The Scottish  
Government  
Riaghaltas na h-Alba



From 5th January new Lockdown rules apply to **mainland Scotland**.

**Orkney, Shetland, the Western Isles and some islands in Argyll and Bute remain at Level 3.**

**All islands in Highland are in Level 3 except the Isle of Skye. The Highlands are in lockdown.**



**The new rules mean that people are only allowed to leave their house if they have an essential reason.**

**An essential reason is a reason that is very important and necessary.**

Some of the essential reasons to leave the house are:

- Shopping for food
- Caring for someone
- Going to a medical appointment
- Visiting someone in an extended household
- Doing exercise outside
- Getting money from a cash machine
- Accessing support



# Shops and shopping

Only essential shops and stores are open.



**People should use online shopping or shops where they live if possible.**

Some of the essential shops and stores that are open are:



- Food shops like corner shops and supermarkets



- Post Offices
- Chemists (pharmacy)



- Banks
- Petrol stations

## Households – meeting indoors



People from different households are not allowed to meet indoors in each other's house.

### Exceptions: only these people can meet indoors



For example, a family member, friend or nanny can look after children from another household if it is essential.



People who live alone or who live alone with their children are allowed to meet indoors with 1 other household.

This is called an 'extended household'.

Couples who don't live together are allowed to meet indoors in each other's house.



Tradespeople like plumbers, electricians and joiners are allowed to work in your house if the job is essential.



## Households – meeting outdoors



Up to 4 people from 2 households can meet to socialise or for sport, exercise or leisure.



## Pubs, restaurants and cafés



All pubs, restaurants and cafés are closed.



You can still order a takeaway, either for delivery or collection (but only from outside the takeaway).



## Travel and transport



People can only leave their house to travel if they have an **essential** reason.

**An essential reason is a reason that is very important and necessary.**

Some of the essential reasons for travelling are:



- Going to work when homeworking is not possible



- Caring for someone



- Going to a medical appointment



- Essential shopping like buying food



- Outdoor exercise



- Accessing support



## Sports and exercise

Up to 15 people from different households can meet outdoors for sport or exercise.



Indoor leisure centres like swimming pools and gyms are closed.

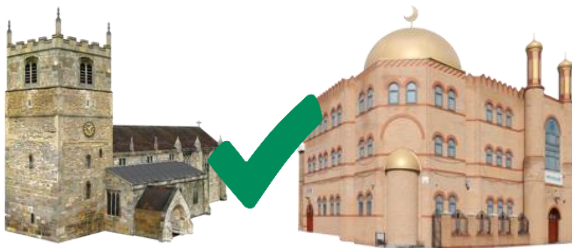
## Schools and nurseries



Children in Primaries 1-7 can go to school.

Part-time school for secondary pupils, along with study from home.

Early learning and childcare is open.



## Events

Places of worship are open – up to 50 people can attend.



Weddings with up to 5 people are allowed.



Up to 20 people can attend funerals but wakes are not allowed.



**FACE COVERINGS**



**AVOID CROWDS**



**CLEAN HANDS**



**TWO METRES**



**SELF-ISOLATE**

Rules about face covering and 2 metres social distancing must be followed.



## Shielding

People who are on the shielding list are being asked to stay home as much as possible.

You can still go out for exercise and essential shopping or medicines.



## Islands

These rules are **not** for Orkney, Shetland, the Western Isles and some islands in Argyll and Bute which are all in Level 3.

All islands in Highland are in Level 3 except the Isle of Skye. The Highlands are in lockdown.



You can find out more on the Scottish Government website:  
[www.gov.scot/coronavirus](https://www.gov.scot/coronavirus)

You can also phone the Scottish Government's Coronavirus helpline on **0800 111 4000** (open Monday to Friday, 9am to 5pm).

If you are worried you can ask someone you trust like a family member or support worker.





