New Coronavirus rules in Scotland from Tuesday 5th January 2021

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

Orkney, Shetland, the Western Isles (apart from Barra and Vatersay) 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

1 person can meet 1 other person from another household for sport, work, 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 2 people from 2 different households can meet outdoors for sport or exercise.

Indoor leisure centres like swimming pools and gyms are closed.
Schools

Only children of key workers and vulnerable children can go to school or nursery.

All other children and young people will study from home.

Events

Places of worship are closed.

Weddings with up to 5 people are allowed.

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

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

The new rules are not for Orkney, Shetland, the Western Isles (except Barra and Vatersay) 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

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.