

Strategic Framework

Extra protection level advice for people at highest risk from coronavirus (COVID-19)



Scottish Government
Riaghaltas na h-Alba
gov.scot

This is **advice**, consider which level of protection is right for you.

All levels: we will not ask you to distance from people within your own homes or to stop taking outdoor exercise.

	Level 0	Level 1	Level 2	Level 3	Level 4
Contact with others	Follow the level advice to the general population	Follow the level advice to the general population	Reduce the number of people or households you have face to face contact with Avoid one metre zones	Limit meeting people outside your own household, avoid indoor public spaces	Minimise contact with people outside your own household if you can You should not take public transport
Shopping	Strictly follow the guidelines when shopping	Strictly follow the guidelines when shopping	Strictly follow the guidelines when shopping	Strictly follow the guidelines when shopping and limit the number of times you go to a shop Shop at quieter times	Strictly follow the guidelines when shopping and limit the number of times you go to a shop Shop at quieter times
If you cannot work from home	Following a workplace risk assessment, your employer should make the necessary adjustments to your workplace to protect you The majority of workplaces can be made safe	Following a workplace risk assessment, your employer should make the necessary adjustments to your workplace to protect you The majority of workplaces can be made safe	Following a workplace risk assessment, your employer should make the necessary adjustments to your workplace to protect you The majority of workplaces can be made safe. Where you have a concern you should discuss this with your employer	Speak to your employer to ensure all appropriate protections are in place The majority of workplaces can be made safe. Where you have a concern you should discuss this with your employer	The majority of workplaces in level 4 areas can be made safe. If you have any concerns you should discuss these with your employer However, at this level the Chief Medical Officer will issue a letter which is similar to a fit note and which will last for as long as your area or workplace is under Level 4 restrictions. This letter can be used in the few cases where it is not possible to make your workplace safe Please note that this does not automatically mean you should not attend work. You should discuss this further with your employer, and if this results in adequate protection, you can continue to work
School/college/ formal Childcare	Follow the level advice to the general population	Follow the level advice to the general population	Follow the level advice to the general population	Parents or guardians should discuss with their GP or clinician whether children should still attend	Children on the shielding list should not attend in person if they live or attend school, college, or formal childcare in a level 4 area