



Level 3 Measures

These are the protective measures that apply in your local area from 2 November. These will be updated, check www.gov.scot for updates.

Remember

FACTS

Face coverings



Avoid crowds



Clean hands




Two metres



Self isolate

In all levels and settings, please follow relevant public health advice and requirements such as on the use of face coverings

Socialising  No in-home socialising (limited exceptions) 6 people from 2 households outdoors and in public places, e.g. hospitality settings	Hospitality  No alcohol 17:00 Last Entry 18:00 Closed	Travel  Essential travel only to/from level 3 or 4 areas in Scotland, and to/from rest of UK Follow rules and advice on international travel 	Transport  Active travel (walk, run, cycle, wheel) where possible Essential use of public transport only Avoid car sharing with people not in your household
Shopping Open 	Close contact services  Open but may be subject to additional protective measures  See guidance on which mobile close contact services are permitted	Support services   Online where possible	Places of Worship Open  Restricted numbers 50
Early Learning and Childcare  Open with enhanced protective measures in place	Informal Childcare  	Unregulated (children's) activities  Restrictions apply – see guidance	Schools  Open with enhanced protective measures in place Colleges and Universities  Restricted Blended
Visitor Attractions  Open with protective measures	Public Services  Open but reduced face-to-face services	Public buildings  Open with protective measures	Driving Lessons  
Offices and Call Centres  Essential only/ work from home	Other workplaces  Open with enhanced protective measures in place	Shielding  Level 3 Shielding Rule	Sports and Exercise  Indoors individual exercise only (exemption for under 18s) Outdoors all except adult (18+) contact sports
Leisure and Entertainment Closed 	Life Events  Weddings/ civil partnerships: 20 Funerals: 20 Post-funeral gatherings and receptions: 20	Stadia and Events   Events not permitted  Stadia closed to spectators	Accommodation Open   Work-related use to continue  Stay local

Latest updates at <https://www.gov.scot/coronavirus-covid-19/>

Check here for the latest face coverings information:

<https://www.gov.scot/publications/coronavirus-covid-19-phase-3-staying-safe-and-protecting-others/pages/face-coverings/>

This table is indicative and will be updated over time. Exemptions apply for these protective measures. Please see guidance for details. Regulations in relation to each level will be published on legislation.gov.uk and relevant public health advice (such as physical distancing and enhanced hygiene measures) applies. Find relevant guidance on www.gov.scot. All restrictions will be kept under review to ensure that they remain proportionate and necessary to address the ongoing public health emergency.