

To minimise the risk of spreading the virus, you must stay at home as much as possible.

You should only leave or remain outside your home for essential reasons like:

- ✓ Getting food or medicines
- ✓ Any medical need
- ✓ Exercise
- ✓ To provide support to a vulnerable person

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











Please note that this guidance relates to all Level 4 areas. Full Stay at Home Guidance can be found at [Coronavirus \(COVID-19\): stay at home guidance](#).

Guidance covering level 3 areas can be found at [Coronavirus \(COVID-19\): local protection levels](#).

<p>Socialising</p> 	<p>A maximum of 2 people can meet outside their home for recreation and exercise if they are not from the same household. This applies to those 12 and over.</p> <p>No in-home socialising.</p> <p>It is against the law to consume alcohol in any outdoors public place.</p> <p>Marches, parades and static demonstrations are not permitted.</p>
<p>Extended households</p>	<p>Extended household arrangements continue for people who live alone, single parents and couples that do not live together.</p>
<p>Shared parenting</p>	<p>Children can move between their parents' homes - this includes both supervised and unsupervised contact.</p>
<p>Travel and Transport</p> 	<p>Only leave home if it's essential and avoid unnecessary travel. You should stay as close to home as possible.</p> <p>Leaving your home to go on holiday, in Scotland, the UK or abroad is not permitted.</p>
<p>Schools</p> 	<p>Schools open to in-person learning for children of key workers and vulnerable children only. Remote learning for all other children and young people.</p>
<p>Colleges and Universities</p> 	<p>Colleges and universities can operate using a more restricted mix of face-to-face and distance learning.</p>
<p>Childcare</p> 	<p>Regulated early learning and childcare open to children of key workers and vulnerable children only.</p> <p>Only essential informal childcare, and childminders caring for less than 12 children is permitted.</p>
<p>Organised children's activities</p> 	<p>Unregulated children's activities must take place outdoors, not exceed 7 adults, and can include an unlimited number of under 5's.</p> <p>Outdoor organised activities for children must be organised by a facilitator, have no more than 2 adult facilitators, and not exceed 15 children under 12 years old.</p> <p>These activities should not be organised for informal socialising.</p>
<p>Workplaces</p> 	<p>Employers must support staff to work from home wherever possible.</p>





LOCKDOWN

STAY AT HOME

Tradespeople, home repairs, and working in someone else's home	<p>Tradespeople should only go into a house to carry out or deliver essential work or services.</p> <p>Domestic cleaners should only enter the house of a person who is unable to clean for themselves.</p>
Shopping 	<ul style="list-style-type: none"> ✓ Essential retail only open. ✗ Show rooms closed. ✓ You should only travel to collect essential items. <p>Click and collect closed for some sectors.</p> <p>Use delivery services and shop locally wherever you can.</p>
Close contact retail services 	<ul style="list-style-type: none"> ✗ Personal retail services which require close proximity are closed. ✗ Cosmetic and aesthetic procedures are not permitted.
Hospitality 	<ul style="list-style-type: none"> ✗ Restaurants, cafes, pubs and bars are closed. ✓ Takeaways can only provide food or drink for consumption off premises. They must either deliver to customers or, where the customer collects, operate on a no entry basis.
Visitor Attractions 	<ul style="list-style-type: none"> ✗ All indoor visitor attractions are closed. ✓ Parks and gardens remain open for local exercise.
Accommodation 	<p>All holiday accommodation is closed to tourism. Hotels, B&Bs and self-catering open for essential customers only.</p>
Public Buildings 	<ul style="list-style-type: none"> ✗ Public buildings are closed, except for essential services. ✓ Community centres can continue to deliver essential services only. ✓ Courts and Tribunals remain open.
Public Services 	<p>Public services delivered online where possible.</p> <p>Face-to-face services can continue where this is essential.</p>
Support Services 	<p>Support groups and one-to-one support should be delivered remotely, essential in-person delivery allowed.</p>
Places of Worship 	<p>Closed for public acts of worship.</p> <p>Open for the purpose of leading an act of worship (broadcast or online).</p>
Driving Lessons 	<p>Driving and motorcycle lessons only allowed if all occupants of the vehicle or vehicles are from the same household or extended household.</p>

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Stadia & Events 	<ul style="list-style-type: none"> ✗ Stadia closed to spectators. ✗ No live events permitted.
Life Events 	<ul style="list-style-type: none"> ✓ Funerals allowed with a maximum of 20 people. No post funeral events. ✓ Wedding ceremonies and civil partnership registrations allowed with a maximum of 5 people (6 if interpreter is required). No receptions allowed. ✗ Other life events (e.g. christenings, bar mitzvahs) should not take place.
Leisure & Entertainment 	<p>All indoor leisure and entertainment premises are closed.</p>
Sports & Exercise 	<p>Outdoor sport/exercise is limited to a maximum of 2 people if not from the same household. This applies to those 12 and over.</p> <p>Travel no further than you need to to reach a safe, non-crowded place to exercise in a socially distanced way.</p> <ul style="list-style-type: none"> ✗ Indoor sports facilities closed. ✗ Snow sport centres closed. ✓ Outdoor gyms open. ✓ Outdoor non-contact sports such as golf and tennis are permitted. ✓ Organised sport and exercise for under-12s can continue in line with guidance.
Visiting care homes	<p>Visiting a loved one in care homes is classed as essential travel.</p> <p>Indoors: essential visits only.</p> <p>Outdoors: visits via garden and window permitted if arranged in advance with care home.</p>
Shielding 	<p>You should stay home as much as possible but you can still go out for exercise and essential shopping or medicines.</p> <p>Work from home if you can. If you cannot work from home, you should not attend your workplace.</p> <p>You should minimise contact with people outside your own household.</p> <p>You should not take public transport or taxis.</p>
Domestic Abuse Support	<p>If you, or someone you know, is experiencing domestic abuse, help is available. Call Scotland's Domestic Abuse Helpline on 0800 027 1234 or visit Safer.scot.</p> <p>Domestic abuse is a crime. Call 101 to report it or 999 in an emergency.</p>



FACE COVERINGS



AVOID CROWDS



CLEAN HANDS



TWO METRES



SELF-ISOLATE



Note: All restrictions will be kept under review to ensure that they remain proportionate and necessary to address the ongoing public health emergency.

This table is for reference purposes only and may be adjusted. 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