

# 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, some islands in Argyll and Bute and the Highlands remain at **Level 3**.

The Scottish government will review the new rules on 2nd February.



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.

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.



## Households – meeting outdoors

Up to 2 people from 2 different households can meet outdoors for sport, work, exercise or social interaction.



## Pubs, restaurants and cafés

All pubs, restaurants and cafés are closed.



You can still order a 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.



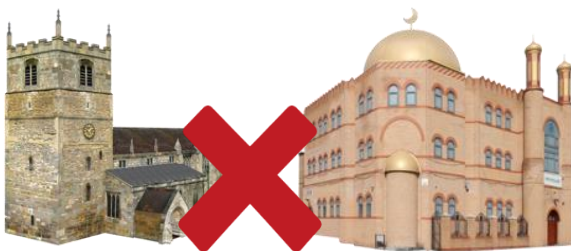
Indoor leisure centres like swimming pools and gyms are closed.



## 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.



Face coverings and 2 metres social distancing must be respected.



## Shielding

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

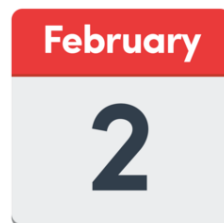
You can still go out for exercise and essential shopping or medicines.



## Islands

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

The new rules will be reviewed on 2 February



**Speak to a Worker at People First if you have any questions**