

Covid-19 Protection Levels

GET TO KNOW THE COVID PROTECTION LEVELS



Stopping the spread starts with all of us

Coronavirus

The Scottish Government has introduced a new system of local protection levels from 0 – 4 around Covid-19.

In this document we have tried to explain these levels in a way that is easier to understand about what you can do and what you can't do under each of these levels.

This is just a short summary of the Scottish Government restrictions and you can check out the restrictions in fuller detail at:

<https://www.gov.scot/publications/coronavirus-covid-19-protection-levels/>

You can also find out what level your local area is currently sitting at via the same link above.

Remember **FACTS** for a safer Scotland



Face coverings



Avoid crowded places



Clean hands regularly



Two metre distance



Self-isolate and book a test if you have symptoms



While following the new levels and restrictions, please also remember you should always stick to these simple rules:

- always wear a face covering when you travel on public transport, when shopping and in areas where there are other people (unless you are exempt from doing so)
- avoid crowded places
- clean hands and surfaces regularly
- stay 2 metres away from other people
- self-isolate and book a test if you have COVID-19 symptoms (new continuous cough, fever or loss of, or change in, sense of smell or taste)

You can find each of the covid protection levels on the following pages:

Level 0 – Pages 3 – 5

Level 1 – Pages 6 – 8

Level 2 – Pages 9 – 11

Level 3 – Pages 12 – 14

Level 4 – Pages 15 - 18

Level 0 Protection Measures



You **can** meet people from:

- outside your household
- indoors in your own home
- in someone else's home or in a public place such as a bar, café or restaurant.



The maximum number of people who can meet **indoors** is **8** and can be from up to 3 different households. You do not need to count any children who are under 12 years of age in the total number you can meet.

The maximum number of people who can meet **outside** is up to **15** people from no more than 5 other households



You **can** visit Restaurants, cafes, pubs and bars which can open normally, but rules on social distancing must still be followed



You **can** visit hotels, self-catering properties, caravan and camp sites, which can open, but rules on socialising must be followed. You can stay with a group of up to **8** people from 3 different families, but should not have more than 1 household sharing the same room.



You **should not** travel to or from any other level 3 or 4 areas in Scotland unless it is essential. Essential travel would be for work, education, shopping, health, outdoor exercise, weddings and funerals. If you travel to or from another country you must follow the quarantine rules that are in place. You can check out a list of the different countries here:

<https://www.gov.scot/publications/coronavirus-covid-19-public-health-checks-at-borders/pages/exemptions/>



You **should** avoid car sharing with people outside your household wherever possible. (unless it is someone from your extended household and they are in your support bubble)



You **should** always wear a face covering when travelling on public transport (unless you are exempt from wearing one due to health issues)



You **can** visit shops, public buildings, and services such as hairdressers, barbers, tailors and beauticians, which can open providing they follow and have implemented Scottish Government guidance to ensure the safety of customers and staff



You **can** attend your church or place of worship as long as there are **no more** than **50** people in attendance and providing there is enough space to provide a 2 meter distance between people (The 2 metre distance is not required between members of the same household or between an assisted person and their carer)



Schools will remain open as long as the protective measures are in place



You **can** visit indoor and outdoor visitor attractions such as museums, zoos, art galleries, etc., these places can open providing there are physical distancing and hygiene measures in place

Level 0

Level 1

Level 2

Level 3

Level 4



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Level 0 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.



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

Socialising Indoors 8 people from 3 households Outdoors 15 people from 5 households		Hospitality Licensing Times apply 	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 Avoid car sharing with people not in your household
Shopping Open 	Close contact services Open 	Support services 	Places of Worship Open Restricted numbers 50 	
Early Learning and Childcare Open with standard protective measures in place 	Informal Childcare 	Unregulated (children's) activities 	Schools Open 	
Visitor Attractions Open 	Public Services Open 	Public buildings Open 	Colleges and Universities Blended 	
Offices and Call Centres Work from home advised 	Other workplaces Open Work from home default 	Shielding Level 0 Shielding Rule 	Driving Lessons 	
Leisure and Entertainment Open <ul style="list-style-type: none"> adult entertainment nightclubs 	Life Events Weddings/ civil partnerships: 50 Funerals: 50 Wakes and receptions: 50 	Stadia and Events <ul style="list-style-type: none"> Outdoor events Indoor events - <ul style="list-style-type: none"> seated and ambulatory (restricted numbers) Indoor grouped standing Stadia - restricted numbers 	Sports and Exercise 	
			Accommodation Open 	

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.

Level 1 Protection Measures



You **should not** invite people who don't live with you into your house or visit them at their house

- You **can** meet someone from another household in a public place such as a café or restaurant, or your garden.

The maximum number of people who can meet indoors at a public place (not your house) is **6** and can be from 2 different households



You **can** visit restaurants, cafes, pubs and bars, which can open indoors and outdoors for food and alcohol:

- rules on social distancing must be followed
- you will not be able to enter any of the above premises **after 9.30 pm**
- venues must **close at 10.30 pm**



You **should not** travel to or from any other level 3 or 4 areas in Scotland unless it is essential. Essential travel would be for work, education, shopping, health, outdoor exercise, weddings and funerals.



You **can** visit shops, public buildings, and services such as hairdressers, barbers, tailors and beauticians, which can open providing they follow and have implemented Scottish Government guidance to ensure the safety of customers and staff



Schools will remain open as long as the standard protective measures are in place.

Universities and Colleges can open using a mixture of face to face learning and on-line learning



You **can** attend your church or place of worship as long as there are **no more than 50** people in attendance and providing there is enough space to provide a 2 metre distance between people. (The 2 metre distance is not required between members of the same household or between an assisted person and their carer)



You **can** attend support services, such as mental health support groups, day centres, counselling and respite care, which can open in line with Scottish Government guidance.

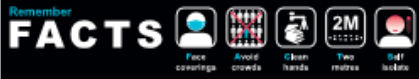


You **can** visit indoor and outdoor visitor attractions such as museums, zoos, art galleries, etc., which can open providing there are physical distancing and hygiene measures in place



Level 1 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.



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 21:30 Last Entry 22:30 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 Avoid car sharing with people not in your household
Shopping Open	Close contact services Open ✓ mobile close contact services	Support services ✓	Places of Worship Open Restricted numbers 50
Early Learning and Childcare Open with standard protective measures in place	Informal Childcare ✓	Unregulated (children's) activities ✓	Schools Open with standard protective measures Colleges and Universities Blended
Visitor Attractions Open	Public Services Open	Public buildings Open	Driving Lessons ✓
Offices and Call Centres Essential only/ work from home	Other workplaces Open Work from home default	Shielding Level 1 Shielding Rule	Sports and Exercise All permitted except age 18+ indoor contact sports
Leisure and Entertainment Open ✗ adult entertainment ✗ nightclubs	Life Events Weddings/ civil partnerships: 20 Funerals: 20 Wakes and receptions: 20	Stadia and Events ✓ Outdoor events seated and open space ✓ Small seated indoor events ✓ Stadia - open with restricted numbers ✗ Outdoor grouped standing events	Accommodation Open

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

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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.

Level 2 Protection Measures



You **should not** meet anyone who doesn't live with you in your home or in their home.

If someone is supporting or caring for you on a regular basis, they will be allowed into your home and this is known as your extended household (people in your 'support' bubble)



6 people from 2 different households can meet in public places, such as a café, restaurant, outdoor area of a pub, private garden or park.



You **can** visit restaurants, cafes, pubs and bars, which can open indoors and outdoors:

- rules on social distancing must be followed
- **Indoors** – Food and non alcoholic drinks can be served.
- You cannot enter the indoor premises after **7.00 pm** and service finishes at **8.00 pm**
- **Outdoors** – Food and alcoholic drinks can be served
- You will not be able to enter the outdoor premises after **9.30 pm** and venue must close at **10.30 pm**





You **should not** travel to or from any other level 3 or 4 areas in Scotland unless it is essential. Essential travel would be for work, education, shopping, health, outdoor exercise, weddings and funerals.

If you need to travel always follow social distancing rules and wear a mask.



You **can** visit shops, public buildings, and services such as hairdressers, barbers, tailors and beauticians, which can open providing they follow and have implemented Scottish Government guidance to ensure the safety of customers and staff



You **can** attend your church or place of worship as long as there are **no more than 50** people in attendance and providing there is enough space to provide a 2 metre distance between people. (The 2 metre distance is not required between members of the same household or between an assisted person and their carer)



Schools will remain open with enhanced protective measures in place.

Universities and Colleges can open using a mixture of face to face learning and on-line learning



You **can** attend support services, such as mental health support groups, day centres, counselling and respite care, which can open in line with Scottish Government guidance and operating with reduced face to face services



Level 2 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.



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 Indoors Alcohol only with main meal 19:00 Last Entry 20:00 Closed Outdoors 21:30 Last Entry 22:30 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 Avoid car sharing with people not in your household
Shopping Open	Close contact services Open See guidance on which mobile close contact services are permitted	Support services	Places of Worship Open Restricted numbers 50
Early Learning and Childcare Open with standard protective measures in place	Informal Childcare	Unregulated (children's) activities Restrictions apply - see guidance	Schools Open with standard protective measures Colleges and Universities Blended
Visitor Attractions Open	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 Work from home default	Shielding Level 2 Shielding Rule	Sports and Exercise All permitted except age 18+ indoor contact sports
Leisure and Entertainment Cinemas, amusement arcades, bingo halls Soft play, funfairs, indoor bowling, theatres, snooker/ pool halls, music venues, casinos, nightclubs and adult entertainment	Life Events Weddings/ civil partnerships: 20 Funerals: 20 Wakes and receptions: 20	Stadia and Events Drive in events Events generally not permitted Stadia closed to spectators	Accommodation Open

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Level 3 Protection Measures



You **should not** have anyone visiting you in your home unless it is someone who supports or cares for you on a regular basis. (like someone from your extended household who is already in your support bubble)



6 people from 2 different households **can** meet at indoor public spaces like a restaurant or a café (not inside your home)



You **can** meet people from another household outdoors in a private garden, park or outdoor area of a pub. Pubs, bars and restaurants, are allowed to open for food, but are not allowed to sell alcohol indoors or outdoors and all these premises must **close at 6.00 pm**



Hotels, B&Bs, self-catering properties, caravan and camp sites can open, however we are encouraging people to use hotel accommodation in their own local area. You **should not** travel into or out of a level 3 area for holidays or visits.



You **should not** travel into or out of the level 3 area unless essential. Exemptions for essential travel would be for work, education, shopping, health, outdoor exercise, weddings and funerals



You **should not** travel on public transport unless it is essential. Also avoid car sharing with people outside your extended household wherever possible. Remember face coverings need to be worn on public transport (unless you are exempt from wearing one)



You **can** visit shops and public buildings, which can open, you **can** also visit 'close-contact services' such as hairdressers barbers, tailors and beauticians, but extra protective measures may be needed



Office

Workplaces **can** open, but people are being encouraged to work from home where possible and people should only go to offices if essential.



Schools and nurseries **can** open but will have enhanced protection measures. Informal childcare allowed, but only children may enter other households.



Universities and colleges will operate online and have mainly distance learning



Only individual exercise is allowed indoors, with an exception for under-18s. Outdoors, all sport is allowed except contact sports for adults.



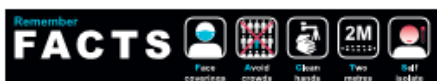
Day Centre

Public services will be delivered online where possible. Face-to-face services can continue where this is essential. Support services, such as mental health support groups, day centres, counselling and respite care, can operate, in line with guidance. Support groups and counselling should be delivered remotely where possible



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.



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 or from a level 3 local authority 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 Wakes and receptions: 20	Stadia and Events Events not permitted Stadia closed to spectators	Accommodation Open Work-related use to continue Stay local

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Level 4 Protection Measures



You **should not** have anyone visiting you in your home unless it is someone who supports or cares for you on a regular basis. (like someone from your extended household who is already in your support bubble)

6 people from 2 different households **can** meet at outdoor public spaces like a private garden or park.



All restaurants, cafes, pubs and bars will be **closed**. You **can** still order a takeway provided food and drink is not consumed inside the premises.



Hotels, B&Bs, self-catering properties, caravan and camp sites can open only for work-related stays or other essential purposes



You should not travel into or out of the level 4 area. If necessary, limits will be placed on travel distance, or people may be told to stay at home. Exemptions for essential travel include work, education, shopping, health, outdoor exercise, weddings and funerals

You **should not** travel on public transport unless it is essential. Also avoid car sharing with people outside your extended household wherever possible. Remember face coverings need to be worn on public transport (unless you are exempt from wearing one)



All non-essential shops will be **closed**, but click and collect still available. Grocery shops and other shops that sell essentials will be able to stay open with social distancing and hygiene safety procedures in place



Most workplaces will be **closed**, except essential workplaces, outdoor workplaces, construction and manufacturing



All public buildings will be **closed**.



You **cannot** attend indoor or outdoor events. All leisure and entertainment venues will be **closed**.



You **can** only attend your church or place of worship if there are no more than 20 people maximum in attendance. There should also be enough space in the church for 2 metre social distancing.



Nurseries will stay open but may be subject to measures that could reduce capacity. Informal childcare only allowed for key workers, and only children may enter other households



Schools will stay open, but will have enhanced protection measures. Universities and colleges have mainly distance and online learning.



You **can't** visit a gym to do indoor sports. All gyms will be closed. You **can** do non-contact sports outdoors.



All visitor attractions will be closed



You may be **unable** to attend normal public services as these will be reduced to online-only unless they are deemed essential services

Level 0

Level 1

Level 2

Level 3

Level 4



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Level 4 Measures

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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		Hospitality Closed 	Travel Essential travel only to or from a level 4 local authority Follow rules and advice on international travel		Transport Active travel No use of public transport, except for essential purposes	
Shopping Non-essential retail closed Click and collect & outdoor retail permitted		Close contact services Closed Mobile close contact services	Support services Essential/online where possible		Places of Worship Open Restricted numbers 20	
Early Learning and Childcare Open - targeted intervention may impact capacity		Informal Childcare Only for essential workers (see guidance)	Unregulated (children's) activities No unregulated activities		Schools Open with enhanced and targeted protective measures	
Visitor Attractions Closed		Public Services Essential face-to-face (online where possible)	Public buildings Closed		Colleges and Universities Restricted Blended	
Offices and Call Centres Essential only/ work from home		Other workplaces Essential workplaces Outdoor workplaces Construction Manufacturing	Shielding Level 4 Shielding Rule		Driving Lessons No driving lessons	
Offices and Call Centres Essential only/ work from home		Other workplaces Essential workplaces Outdoor workplaces Construction Manufacturing	Shielding Level 4 Shielding Rule		Sports and Exercise Indoor gyms closed Outdoor non-contact sports only	
Leisure and Entertainment Closed		Life Events Weddings/ civil partnerships: 15 Funerals: 20 Wakes: 20 No receptions	Stadia and Events Events not permitted Stadia closed to spectators		Accommodation Essential only (No tourism)	

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This document has been put together by In Control Scotland. We have only highlighted and summarised the points we think may be of most interest and importance to you. There is many restrictions in place within each of the protection levels and if you are unsure about what else you can and cannot do, you should check the Scottish Government website for further information and fuller details.

<https://www.gov.scot/publications/coronavirus-covid-19-protection-levels/>

This document was created using the latest information from the Scottish Government website on 6th November 2020. We are aware that information and guidance can change on a regular basis as we go through the Covid-19 pandemic, so please continue to check the Scottish Government website for any updated information.



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