Scottish Government have now moved to an **outbreak management** approach based on five levels of protection to suppress Sars-Cov-2 virus. **Framework comes into force on the 2nd November 2020.**

**Five Levels Summary and Effects on General Population and Businesses**

**Level 0 and Level 1**

* Low incidence of the virus with isolated clusters, and low community transmission. Closest to normality, without a vaccine or effective treatment.
* This level would potentially permit the Government to move to Phase 4 of the plan to re-open businesses that have been closed throughout the Pandemic.

**Levels 2-3**

* Increased incidence of the virus, with multiple clusters and increased community transmission.
* Protective measures to tackle the virus, e.g. household mixing takes place with less physical distancing and mitigations.
* Intended to be in place for relatively short periods (2-4 weeks), for as long as required to get the virus down to a low, sustainable level.

**Level 4**

* Very high or rapidly increasing incidence, and widespread community transmission which may pose a threat to the NHS capacity.
* Introduction of measures close to a return to full lockdown.
* Measures would be designed to be in place for a short period, to provide a short, sharp response to quickly suppress the virus

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**Detail of COVID-19 Protection Level: 0**

**Socialising (different rules apply for children, further guidance will be issued shortly)**

* 8/3 indoors (in-home socialising permitted) i.e. max 8 people from 3 households
* 15/5 outdoors

**Hospitality (alcohol on sale outdoors)**

* permitted – time restrictions may apply

**Hospitality (alcohol on sale indoors)**

* permitted – time restrictions may apply

**Hospitality (food for consumption on premises)**

* permitted – time restrictions may apply

**Takeaways**

* takeaways permitted for alcohol and food as per existing arrangements

**Accommodation (hotels, B&Bs, self-catering, caravan, and camp sites)**

* open – socialising rules apply

**Travel**

* no non-essential travel to/from level 3 or higher areas in Scotland and equivalents in rest of UK
* exemptions for essential travel for work, education, shopping, health etc; outdoor exercise; weddings and funerals; and transit through restricted areas
* international quarantine regulations apply
* otherwise unrestricted

**Transport**

* active travel (walk, run, cycle, wheel) where possible
* avoid car sharing with people outside extended household wherever possible
* face coverings compulsory on public transport.

**Shopping**

* open

**Close contact services (e.g. hairdressers, barbers, tailors, and beauticians)**

* open
* mobile close contact services permitted

**Public buildings – e.g. libraries**

* open

**Stadia and events**

* outdoor events permitted
* indoor events – seated and ambulatory permitted (restricted numbers)
* indoor grouped standing not permitted
* stadia – open with restricted numbers

**Worship**

* open – restricted numbers (50)

**Life events (weddings, and civil partnerships, funerals), ceremonies and receptions/wakes**

* weddings/civil partnerships – 50-person limit
* funerals – 50-person limit
* wakes and receptions permitted, subject to 50-person limit

**Early learning and childcare (formal childcare)**

* open – with standard protective measures in place

**Informal childcare**

* permitted in line with household/numbers restrictions (see socialising)

**Schools**

* open – with standard protective measures in place

**Colleges**

* blended learning

**Universities**

* blended learning

**Driving lessons**

* permitted

**Sports and exercise**

* all permitted

**Leisure and entertainment**

* open except for adult entertainment and nightclubs (unless permitted events)

**Visitor attractions**

* open

**Public services (health following NHS remobilisation plan)**

* open

**Unregulated children's activities (incl. youth clubs, children's groups)**

* permitted

**Support services (mental health, counselling, day services, respite care)**

* permitted

**Offices and call centres**

* working from home still advised

**Other workplaces**

* open – working from home default where possible

**Level 0 Shielding**

**Contact with others:**

* follow the level advice to the general population

**Shopping:**

* strictly follow the guidelines when shopping

**If you cannot work from home:**

* following a workplace risk assessment, your employer should make the necessary adjustments to your workplace to protect you. You can discuss getting a fit note with your GP or clinician if you still feel unsafe.

**School/formal childcare:**

* follow the level advice to the general population

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**Detail of COVID-19 Protection Level: 1**

**Socialising (different rules apply for children, further guidance will be issued shortly)**

* 6/2 indoors (at times, depending on circumstances, we may need to stop indoor socialising in Level 1 in an area) i.e. max 6 people from 2 households
* 6/2 outdoors

**Hospitality (food and drink)**

**Hospitality (alcohol on sale outdoors)**

* permitted – time restrictions may apply

**Hospitality (alcohol on sale indoors)**

* permitted – time restrictions may apply

**Hospitality (food for consumption on premises)**

* permitted – time restrictions may apply

**Takeaways**

* takeaways permitted for alcohol and food as per existing arrangements

**Accommodation (hotels, B&Bs, self-catering, caravan, and camp sites)**

* open – socialising rules apply

**Travel**

* no non-essential travel to/from level 3 or higher areas in Scotland and equivalents in rest of UK.
* exemptions for essential travel for work, education, shopping, health etc; outdoor exercise; weddings and funerals; and transit through restricted areas
* international quarantine regulations apply
* otherwise unrestricted

**Transport**

* active travel (walk, run, cycle, wheel) where possible
* avoid car sharing with people outside extended household wherever possible
* face coverings compulsory on public transport

**Shopping**

* open

**Close contact services (e.g. hairdressers, barbers, tailors, and beauticians)**

* open
* mobile close contact services permitted

**Public buildings – e.g. libraries**

* open

**Stadia and events**

* outdoor events seated and open space permitted (restricted numbers)
* outdoor grouped standing events not permitted
* small seated indoor events permitted
* stadia – open with restricted numbers

**Worship**

* open – restricted numbers (50)

**Life events (weddings, and civil partnerships, funerals) ceremonies and receptions/wakes**

* weddings/civil partnerships – 20-person limit
* funerals – 20-person limit
* wakes and receptions permitted, subject to 20-person limit.

**Early learning and childcare (ELC) (formal childcare)**

* open – with standard protective measures in place

**Informal childcare**

* permitted in line with household/numbers restrictions

**Schools**

* open – with standard protective measures in place

**Colleges**

* blended

**Universities**

* blended

**Driving lessons**

* permitted

**Sports and exercise**

* all permitted except age 18+ indoor contact sports (professional permitted).

**Leisure and entertainment**

* open except for adult entertainment and nightclubs (unless permitted events).

**Visitor attractions**

* open

**Public services (health following NHS remobilisation plan)**

* open

**Unregulated children’s activities (incl. youth clubs, children’s groups)**

* permitted

**Support services (mental health, counselling, day services, respite care)**

* permitted

**Offices and call centres**

* essential only/working from home

**Other workplaces**

* open – working from home default where possible

**Level 1 Shielding**

**Contact with others**:

* follow the level advice to the general population

**Shopping:**

* strictly follow the guidelines when shopping

**If you cannot work from home:**

* following a workplace risk assessment, your employer should make the necessary adjustments to your workplace to protect you. You can discuss getting a fit note with your GP or clinician if you still feel unsafe.

**School/formal childcare:**

* follow the level advice to the general population

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**Detail of COVID-19 Protection Level: 2**

**Socialising** (different rules apply for children, further guidance will be issued shortly)

* no in-home socialising
* 6/2 outdoors and in public places, e.g. hospitality settings i.e. max 6 people from 2 households

**Hospitality** (alcohol on sale outdoors)

* permitted – time restrictions may apply

**Hospitality** (alcohol on sale indoors)

* permitted with main meal – time restrictions may apply

**Hospitality** (food for consumption on premises

* permitted – time restrictions may apply

**Takeaways**

* takeaways permitted for alcohol and food as per existing arrangements

**Accommodation** (hotels, B&Bs, self-catering, caravan, and camp sites)

* open – socialising and hospitality rules apply

**Travel**

* no non-essential travel to/from level 3 or higher areas in Scotland and equivalents in rest of UK
* exemptions for essential travel for work, education, shopping health etc; outdoor exercise; weddings and funerals; and transit through restricted areas
* international quarantine regulations apply
* otherwise unrestricted

**Transport**

* active travel (walk, run, cycle, wheel) where possible
* avoid car sharing with people outside extended household wherever possible
* face coverings compulsory on public transport.

**Shopping**

* open

**Close contact services** (e.g. hairdressers, barbers, tailors, and beauticians)

* open
* mobile close contact services not permitted

**Public buildings** – e.g. libraries

* open (with protective measures)

Stadia and events

* events not permitted/closed
* drive in events permitted
* stadia closed to spectators

**Worship**

* open – restricted numbers (50)

**Life events** (weddings, and civil partnerships, funerals) ceremonies and receptions/wakes

* weddings/civil partnerships – 20-person limit
* funerals – 20-person limit
* wakes and receptions permitted, subject to 20-person limit

**Early learning and childcare** (ELC) (formal childcare)

* open – with enhanced protective measures in place

**Informal childcare**

* permitted in line with household/numbers restrictions, children only may enter other households

**Schools**

* open – with enhanced protective measures in place

**Unregulated (children’s) activities** (inc. youth clubs, children’s groups)

* differentiated restrictions apply – e.g. between parent/baby groups and Scouts

**Colleges**

* blended

**Universities**

* blended

**Driving lessons**

* permitted

**Sports and exercise**

* all permitted except 18+ indoor contact sports (professional permitted)

**Leisure and entertainment**

* cinemas, amusement arcades open.

**Leisure (following closed)**:

* soft play, funfairs, indoor bowling, theatres, snooker/pool halls, music venues, casinos, bingo halls, nightclubs, and adult entertainment

**Visitor attractions**

* open

**Public services** (health following NHS remobilisation plan)

* open but reduced face-to-face services.

**Unregulated children's activities** (incl. youth clubs, children’s groups)

* differentiated restrictions apply

**Support services** (mental health, counselling, day services, respite care)

* permitted

**Offices and call centres**

* essential only/working from home

**Other workplaces**

* open – working from home default where possible

**Level 2 shielding**

* Contact with others: reduce the number of people or households you have face to face contact with
* Avoid: one metre zones
* Shopping: strictly follow the guidelines when shopping

If you cannot work from home:

* Following a workplace risk assessment, your employer should make the necessary adjustments to your workplace to protect you. You can discuss getting a fit note with your GP or clinician if you still feel unsafe.
* School/ formal childcare: follow the level advice to the general population

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**Detail of COVID-19 Protection Level: 3**

**Socialising** (different rules apply for children, further guidance will be issued shortly)

* no in-home socialising
* 6/2 outdoors and in public places, e.g. hospitality settings i.e. max 6 people from 2 households

**Hospitality** (food and drink)

**Hospitality** (alcohol on sale outdoors)

* not permitted

**Hospitality** (alcohol on sale indoors)

* not permitted

**Hospitality** (food for consumption on premises)

* permitted – time restrictions may apply

**Takeaways**

* takeaways permitted for alcohol and food as per existing arrangements

**Accommodation** (hotels, B&Bs, self-catering, caravan, and camp sites)

* open – socialising and hospitality rules apply
* guidance encourages non-essential (leisure/tourism) use only by locals
* essential, e.g. work-related, use can continue

**Travel**

* no non-essential travel into or out of the level 3 area
* exemptions for essential travel for work, education, shopping health etc; outdoor exercise; weddings and funerals; and transit through restricted areas
* international quarantine regulations apply

**Transport**

* active travel (walk, run, cycle, wheel) where possible
* avoid car sharing with people outside extended household wherever possible
* avoid non-essential use of public transport.
* face coverings compulsory

**Shopping**

* open

**Close contact services** (e.g. hairdressers, barbers, tailors, and beauticians)

* open, but may be subject to additional protective measures
* mobile close contact services not permitted

**Public buildings** – e.g. libraries

* open (with protective measures)

**Stadia and events**

* not permitted / closed to spectators

**Worship**

* open – restricted numbers (50)

**Life events** (weddings, and civil partnerships, funerals) ceremonies and receptions/wakes

* weddings/civil partnerships – 20-person limit
* funerals – 20-person limit
* wakes and receptions permitted, subject to 20-person limit

**Early learning and childcare (formal childcare)**

* open – with enhanced protective measures in place

**Informal childcare**

* permitted in line with household/numbers restrictions, children only may enter other households

**Unregulated children's activities** (including youth clubs, children's groups)

* differentiated restrictions apply – e.g. between parent/baby groups and Scouts

**Schools**

* open – with enhanced protective measures in place

**Colleges**

* restricted blended

**Universities**

* restricted blended

**Driving lessons**

* permitted

**Sports and exercise**

* indoor: individual exercise only (exemption for under 18s)
* outdoor – all except adult (18+) contact sports (professional permitted)

**Leisure and entertainment**

* closed

**Visitor attractions**

* all open or outdoor only open, depending on circumstances

**Public services** (health following NHS remobilisation plan)

* essential face-to-face services only (online where possible)

**Unregulated children's activities** (incl. youth clubs, children's groups)

* differentiated restrictions apply

**Support services** (mental health, counselling, day services, respite care)

* permitted/online where possible.

**Offices and call centres**

* essential only/working from home

**Other workplaces**

* open – working from home default where possible

**Level 3 Shielding**

**Contact with others:**

* limit meeting people outside your own household, avoid indoor public spaces.

**Shopping:**

* strictly follow the guidelines when shopping and limiting the number of times you go to a shop. Shop at quieter times.
* If you cannot work from home: speak to your employer to ensure all appropriate protections are in place. If they are not, discuss getting a fit note with your GP or clinician.

**School/ formal childcare:**

* parents or guardians should discuss with their GP or clinician whether children should still attend

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**Detail of COVID-19 Protection Level: 4**

**Socialising** (different rules apply for children, further guidance will be issued shortly)

* no in-home socialising
* 6/2 outdoors and in public places i.e. max 6 people from 2 households

**Hospitality** (alcohol on sale outdoors)

* closed

**Hospitality** (alcohol on sale indoors)

* closed

**Hospitality** (food for consumption on premises)

* closed (hotel exception)

**Takeaways**

* takeaways permitted for alcohol and food as per existing arrangements

**Accommodation** (hotels, B&Bs, self-catering, caravan, and camp sites)

* essential only, for example work-related (no tourism)

**Travel**

* no non-essential travel into or out of the level 4 area. If necessary, limits on travel distance, or a requirement to stay at home
* exemptions for essential travel for work, education, shopping health etc; outdoor exercise; weddings and funerals; and transit through restricted areas
* international quarantine regulations apply

**Transport**

* active travel (walk, run, cycle, wheel) where possible
* avoid car sharing with people outside extended household wherever possible
* no use of public transport, except for essential purposes.
* face coverings compulsory

**Shopping**

* close non-essential retail (click and collect permitted)
* Close contact services (e.g. hairdressers, barbers, tailors, and beauticians) closed
* mobile close contact services not permitted

**Public buildings** – e.g. libraries

* closed

**Stadia and events**

* not permitted / closed to spectators

**Worship**

* open with restricted numbers (20 people)

**Life events** (weddings, and civil partnerships, funerals) ceremonies and receptions/wakes

* weddings/civil partnerships – maximum 5 people (6 where interpreter permitted)
* funerals – 20-person limit, no receptions. Wakes permitted subject to 20-person limit

**Early learning and childcare** (formal childcare)

* open, subject to targeted intervention which may impact on capacity

**Informal childcare**

* essential worker informal childcare only, In line with household/numbers restrictions, children only may enter other households

**Schools**

* open, with enhanced and targeted protective measures

**Colleges**

* restricted blended

**Universities**

* restricted blended

**Driving lessons**

* not permitted

**Sports and exercise**

* (indoor) gyms closed
* outdoor non-contact sports only (professional permitted)

**Leisure and entertainment**

* closed

**Visitor attractions**

* closed

**Public services** (health following NHS remobilisation plan)

* essential face-to-face services only (online where possible)

**Unregulated (children’s) activities** (including youth clubs, children’s groups)

* indoor activities not permitted

**Support services** (mental health, counselling, day services, respite care)

* essential only/online where possible

**Offices and call centres**

* essential only/working from home

**Other permitted workplaces**

* essential workplaces, outdoor workplaces, construction and manufacturing

**Level 4 shielding**

**contact with others:**

* contact with people outside your own household if you can. You should not take public transport.

**shopping:**

* strictly follow the guidelines when shopping and limiting the number of times you go to a shop. Shop at quieter times.

**if you cannot work from home:**

* Chief Medical Officer will issue an automatic two-week fit note to give people on the shielding list protection while they speak to their GP or consultant and get a personal fit note if necessary.

**school/formal childcare:**

* children on the shielding list should not attend in person

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**Public Health Scotland** now provides a map showing the number of cases in local areas, as well as trends for local authorities and NHS boards [https://public.tableau.com/profile/phs.covid.19#!/vizhome/COVID-19DailyDashboard\_15960160643010/Overview](https://public.tableau.com/profile/phs.covid.19%23%21/vizhome/COVID-19DailyDashboard_15960160643010/Overview)