

**ATTENTION - FOR YOUR INFORMATION**

- IF YOU ARE NOT FEELING WELL AND ARE EXPERIENCING CORONAVIRUS SYMPTOMS THEN YOU NEED TO SELF-ISOLATE AND BOOK A CORONAVIRUS TEST. **BOOK A TEST BY CALLING 0300 303 2713 OR ONLINE AT NHS.UK/CORONAVIRUS**
- DURING YOUR SELF-ISOLATION YOU ARE ENTITLED TO FINANCIAL SUPPORT (SICK PAY) AND ADDITIONAL SUPPORT WILL ALSO BE AVAILABLE IF YOU ARE STRUGGLING TO PAY YOUR RENT OR OTHER BILLS
- IF YOU LIVE IN ABERDEENSHIRE AND **YOU NEED HELP, ADVICE OR SUPPORT** BECAUSE OF CORONAVIRUS THEN **CALL THE GRAMPIAN CORONAVIRUS ASSISTANCE HUB FREE OF CHARGE ON 0800 196 3384** (AVAILABLE 9AM-5PM EVERY WORKING DAY)
- DURING THE CALL YOU CAN ASK FOR A (*LANGUAGE*) INTERPRETOR TO HELP YOU EXPLAIN WHAT YOU NEED
- SUPPORT IS AVAILABLE TO EVERYONE – NO MATTER WHAT YOUR IMMIGRATION STATUS

Symptoms of Coronavirus



**Keep yourself and others safe**



Face coverings



Avoid crowded places



Clean your hands regularly



Two metre distance



Self isolate and book a test if you have symptoms

[nhsinform.scot/coronavirus](https://nhsinform.scot/coronavirus)  
#WeAreScotland

## CORONAVIRUS: Scotland's 5 LEVEL system

Please note this is only a summary of what you can do at each tier. It does not list all the restrictions I. You can find more details at [bit.ly/scot-covid-levels](https://bit.ly/scot-covid-levels)

Level	Socialising	Cafes & Bars	Shopping & Services	Leisure, Sport/ Exercise	Transport
0 – Nearly normal	<ul style="list-style-type: none"> <li>8 people from 3 households indoors</li> <li>15 people from 5 households outdoors</li> </ul>	Open	Open	Open	<ul style="list-style-type: none"> <li>Walk, cycle where possible</li> <li>Avoid car sharing</li> <li>Wear mask if in shared transport</li> </ul>
1 - Medium	<ul style="list-style-type: none"> <li>6 people from 2 households indoor public space</li> <li>8 people from 3 households outdoors</li> </ul>	Open – close at 22.30	Open	Open	<ul style="list-style-type: none"> <li>Walk, cycle where possible</li> <li>Avoid car sharing</li> <li>Wear mask if in shared transport</li> </ul>
2 - High	<ul style="list-style-type: none"> <li>No in-home socialising with other households</li> <li>6 people from 2 households outdoors/ hospitality settings</li> </ul>	<ul style="list-style-type: none"> <li>Indoors – alcohol sold only with meal - close at 20.00</li> <li>Outdoors – close at 22.30</li> </ul>	<ul style="list-style-type: none"> <li>Shopping open</li> <li>Barbers, hairdressers, beauticians open</li> </ul>	<ul style="list-style-type: none"> <li>Cinema, amusement arcade, bingo open</li> <li>All sport and exercise allowed</li> </ul>	<ul style="list-style-type: none"> <li>Walk, cycle where possible</li> <li>Avoid car sharing</li> <li>Wear mask if in shared transport</li> </ul>
3 – Very High	<ul style="list-style-type: none"> <li>No in-home socialising with other households</li> <li>6 people from 2 households outdoors / hospitality settings</li> </ul>	<ul style="list-style-type: none"> <li>Alcohol sales not permitted</li> <li>Close at 18.00</li> </ul>	<ul style="list-style-type: none"> <li>Shopping open</li> <li>Barbers, hairdressers, beauticians open</li> </ul>	<ul style="list-style-type: none"> <li>Indoor exercise/sport– individual exercise</li> <li>Outdoor exercise/sport- all</li> </ul>	<ul style="list-style-type: none"> <li>Walk, cycle where possible</li> <li>Avoid car sharing</li> <li>Wear mask if in shared transport</li> </ul>
4 - Lockdown	<ul style="list-style-type: none"> <li>No in-home socialising with other households</li> <li>6 people from 2 households outdoors</li> </ul>	Closed	<ul style="list-style-type: none"> <li>Only essential shops open – supermarkets, pharmacists</li> </ul>	<ul style="list-style-type: none"> <li>Outdoor non contact sport/exercise only</li> </ul>	<ul style="list-style-type: none"> <li>No public transport</li> </ul>

**Childcare & school** – open in all levels

**Public services** – open in all levels but in Level 4 might be open online only

**Worship** – open in all levels. Level 0 to 3 limit to 50 people. Level 4 limit to 20 people.