

SCOTTISH GOVERNMENT LOCKDOWN UPDATE:

28th MAY 2020



People First
(Scotland)



On 28th May the First Minister has shared new lockdown rules for Scotland.

The number of people who are ill with Coronavirus is slowly going down so some of the rules can change.



The lockdown is still in effect. The key message is still to stay at home as much as possible.

The new rules start on the 29th May.

The new rules say that:



You can now meet people from **one** other household.

You have to meet them outside, for example in a garden or park and must stay 2 metres (6 feet) apart.



You can now sit or sunbathe in parks and open areas respecting social distancing.



Some outdoor activities can start again, like golf, tennis, bowls and fishing.



You are now able to travel to a place **near** your local community for social and fun activities outside.



Some drive-through and take-away food shops will open.



Waste and recycling centres are starting work again.



Big outdoor shops, like garden centres, are reopening

but inside cafes and restaurants are still closed.



Face-to-face Children's Hearings are starting again.

More childcare will be available for people returning to work.



Some NHS operations and treatments that had stopped are slowly starting again.



SHIELDING

The rules for people who are shielding stay the same, until at least the 18th of June.

The Scottish Government will give an update on the new rules for shielding by the 18th of June.



EDUCATION

All Scottish schools will re-open in August.

Children will spend some time in school and some time learning from home.





REVIEW

If the number of people who get ill from Coronavirus goes up again, the rules may go back to what they were at the start of the lockdown.



The Scottish Government will review all the rules again on the 18th of June.

KEEPING SAFE

Remember to:

Wash your hands regularly.

Use tissues if you cough and sneeze and then bin them.

Respect social distancing.

Wear a face covering, where possible.

Only travel a distance if you can make it back without using a toilet.

Self-isolate if you have the virus or if you have been in contact with someone who had it.



Test and Protect

From the 28th of May the Scottish Government starts a new Plan called “Test and Protect”.

This Plan encourages people who think they have symptoms of Covid-19 to get tested.

Tests are also available for people who may have been in contact with someone infected with Covid-19.

If you test positive, you will be asked for the names of all the people you have been in contact with.

If you have been in contact with someone who has tested positive for Covid-19, you will be contacted and asked to self-isolate for 14 days.

This will help stop the virus being transmitted from one person to another.

