

# Scottish Government Shielding route map (for those at highest risk)

Decisions will be kept under review as the evidence base on the impact of the virus and the effectiveness of different interventions builds.

**Further guidance will be available for each change on [mygov.scot/shielding](https://mygov.scot/shielding).**

**Hygiene helps:** No matter what our shielding advice is, it is important to regularly wash your hands and clean hard surfaces. Everyone should also cover their mouths to cough. This should either be into a tissue which you can dispose straightaway, otherwise into your bent elbow.

	Up to 10 July	From 10 July	Expected 17 July	Expected 24 July	Shielding paused
		Confirmed 8 July	Aim to confirm 16 July	Aim to confirm 23 July	Confirm before August
<b>How to protect yourself and others</b>	Physically distance from people you live with	No need to physically distance from the people you live with	No need to physically distance from the people you live with	No need to physically distance from the people you live with	Physical distancing guidance for the “at risk” group in Scotland
	Face coverings if you can’t physically distance	Face coverings should be worn where you cannot physically distance as well as where mandatory (shops and transport)	Face coverings should be worn where you cannot physically distance as well as where mandatory (shops and transport)	Face coverings should be worn where you cannot physically distance as well as where mandatory (shops and transport)	Face coverings should be worn where you cannot physically distance as well as where mandatory (shops and transport)
<b>Seeing family and friends</b>	<b>Meet outdoors</b> with up to 8 people from <b>only 1 household</b>	<b>Meet outdoors</b> with up to 8 people from <b>2 households</b>	Meet outdoors with up to 8 people from 2 households	<b>Meet indoors</b> with up to <b>8 people</b> from <b>2 households</b> , with physical distancing	Guidance on meeting people same as wider population, but maintain <b>physical distancing</b>
		Use of <b>indoor toilets</b> if visiting <b>people outdoors</b>	Use of indoor toilets if visiting people outdoors	Use of indoor toilets if visiting <b>people indoors</b>	Use of indoor toilets if visiting people indoors
		Can form an extended household <sup>1</sup>			
<b>Getting around</b>	Travel up to 5 miles for outdoor exercise	No limit on distance you can travel			
	Avoid public transport	Avoid public transport	Avoid public transport	Can use public transport wearing a face covering	Can use public transport wearing a face covering
	Only go in a car with someone you live with	Only go in a car with someone you live with	Only go in a car with someone you live with	Can go in a car <b>with someone you do not live with</b>	Can go in a car with someone you do not live with

<sup>1</sup> Someone who lives alone, or who lives only with children under 18, can agree with another household to form an “extended household”. This means that they are treated as being part of that household. You can visit this household indoors and stay over, without physical distancing.

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<b>Leisure, shopping, and eating out</b>	Avoid staying anywhere outside your own home	Travel to self-catering accommodation <sup>2</sup> and second homes allowed	Can use <b>all holiday accommodation</b>	Can use all holiday accommodation	Can use all holiday accommodation
	Avoid going inside any building other than your own home			Can go to <b>pubs and restaurants with outdoor spaces</b>	Can attend <b>indoor pubs and restaurants</b>
			Can go to <b>outdoor markets</b>	Can go into <b>indoor shops, pharmacies and indoor markets</b> Can attend <b>hairdressers and barbers</b> <sup>3</sup>	Can go into indoor shops, pharmacies and indoor markets Can attend hairdressers and barbers
			Can visit <b>outdoor gardens</b>	Can visit <b>museums, galleries, libraries, cinemas</b>	Can visit museums, galleries, libraries, cinemas
<b>Schools and childcare</b>	Since 30 June, some children and young people will receive letters explaining they no longer need to shield	Children under 12, who live with someone shielding, do not need to avoid physical contact when playing outside with others under 12		Can use childcare providers	Children who had been asked to shield can return to school – date to be confirmed
<b>Work</b>	Work from home, where possible	Work from home, where possible	Work from home, where possible	Work from home, where possible	Can return to Covid safe workplace

<sup>2</sup> “Self-catering accommodation” must have no shared facilities and must be accessible via an external door.

<sup>3</sup> Check with the company owner that they have put in place “enhanced hygiene measures”. They will know what this means.