

Coronavirus – Level Three restrictions come into force today

From today there are new local protection levels in place in Scotland.

These are intended to help curb the spread of coronavirus in the whole country and they come into effect from 6.00am today, Monday 2 November 2020. The restrictions are now applied to the 32 Scottish local authority areas, and not the health board areas as before.

A [postcode checker](#) has been put in place to give information on what restrictions will apply in each local authority area at any given time. For the moment Edinburgh is in Level Three along with Inverclyde, East Dunbartonshire, West Dunbartonshire, Renfrewshire, East Renfrewshire, City of Glasgow, South Ayrshire, East Ayrshire, North Ayrshire, Stirling, Falkirk, Clackmannanshire, City of Edinburgh, Midlothian, West Lothian, East Lothian, Dundee, North Lanarkshire and South Lanarkshire.

First Minister Nicola Sturgeon said: “Our new levels approach enables us to respond quickly and flexibly as required, particularly in areas where we are concerned about the rate at which the virus is spreading. It is important we all comply with the rules in our area if we are to successfully suppress the virus, avoid the need for tighter restrictions, and protect the NHS.

“It’s crucial that everyone knows what level their local

authority is in and that they stick to the rules in their area. The postcode tracker will be a vital tool in helping to ensure this happens.

“People across Scotland have faced significant restrictions since late September as we work to stop the increase in Covid cases across the country. Prevalence of the virus is currently lower in Scotland than in other parts of the UK and there are some signs that those earlier restrictions may be starting to slow the rate of increase.

“However, we continue to monitor the spread of the virus in all parts of Scotland to assess if, to what extent and at what speed the slowdown is continuing. No one wants to see tighter restrictions but people can be reassured that, if we need to put in place the protections that come with higher levels, we will not hesitate to do so.

“I also urge everyone to follow two key national restrictions by not mixing with other households inside our homes, and not travelling to or from any part of the country in level 3 unless it is absolutely essential.

“We are continuing to press the UK Government for clarity around the scope of additional financial support being made available to Scotland.”

[Coronavirus \(COVID-19\) local protection levels](#)

[su_spoiler class="my-custom-spoiler" title="Socialising in Level Three areas"]

Meeting others indoors

You should not meet anyone who is not in your household indoors in your home or in their home. This applies to all age groups 12 and over. You can meet another household indoors in a public place such as a café or restaurant. The maximum number of people who can meet indoors in a public (not a home) place are 6 which can be from up to 2 separate households.

Children under the age of 12 from these households do not count towards the total number of people counted in a gathering.

Where an individual household includes more than 6 people, they can nevertheless meet as a single household even if the total number of people exceeds 6.

When you meet people from another household indoors you should:

- minimise the number of meetings you have with people from other households each day

- stay at least 2 metres apart from anyone who is not part of your household, unless in a public venue that is operating 1 metre distancing with additional measures being in place to avoid transmission.

- maintain hand and cough hygiene

- avoid touching hard surfaces with your hands

- wash your hands when you arrive, when you leave, when you get home and especially before eating or after touching surfaces

- not share food or utensils – if eating, each household should bring, prepare and eat its own food separately

- if possible, keep rooms well ventilated – consider opening windows or a door

Those at a higher risk of severe illness from coronavirus (including those who had been shielding, people 70 and over, people who are pregnant and people with an underlying medical condition) should strictly follow the physical distancing guidance.

Meeting others outdoors

You can meet people from other households outdoors in a private garden or in a public place such as a park or an outdoor area of a pub. The maximum number of people who can meet outdoors is 6 which can be from up to 2 separate households.

Children under the age of 12 from these households do not count towards the total number of people counted in a gathering. Children under 12 do not need to maintain physical distance from others. This is to allow children under 12 to play with their friends outside.

Young people aged between 12 and 17 can meet up in groups of up to 6 at a time outdoors and are not subject to the 2 household limit. Physical distancing is required.

Where an individual household includes more than 6 people, they can continue to meet outside as a household even if the total number of people exceeds 6.

You should:

- minimise the number of meetings you have with people from other households each day

- stay at least 2 metres away from anyone who is not part of your household

- maintain hand and cough hygiene

- avoid touching hard surfaces with your hands

- wash your hands when you arrive, when you leave, when you get home and especially before eating or after touching surfaces

- not share food or utensils – if eating, each household should bring, prepare and eat its own food separately

- if possible, keep rooms well ventilated – consider opening windows or a door

Those at a higher risk of severe illness from coronavirus (including those who had been shielding, people 70 and over, people who are pregnant and people with an underlying medical condition) should strictly follow the physical distancing guidance.

Going into someone else's home

If you are meeting people from another household in their garden and the gathering exceeds 6 people, you should only go into their house to:

access the garden – do so quickly and without touching anything

use the toilet – avoid touching surfaces with your hands as much as possible, wipe any surfaces that you do touch with antibacterial wipes, wash your hands thoroughly, dry your hands with a freshly laundered towel or a paper towel, which you should dispose of in a closed bin.

If members of another household are going to visit you and might need to use your toilet, you should ensure appropriate cleaning materials are available. You should also provide either a hand towel for each visiting household or paper towels and a safe disposal option.

Extended households

People who live in different places can form an “extended household” in the following circumstances:

People who live alone□□□□

If you are an adult and you live alone, or if all others in your household are under 18, you, any children who live with you, and the members of one other household (of any size) can agree to form an ‘extended household’. This will allow people who live alone (or those living only with children under the age of 18) to be considered part of another household in order to reduce loneliness, isolation and to provide mutual social support.

Couples who do not live together

Two adults are in a relationship and they do not live together they, and any children they each live with, can agree to form an ‘extended household’.

However, if one member of a household gets coronavirus, there is a strong likelihood that other members of that household will also catch it. For this reason, there are some important rules that extended households should follow to remain as safe as possible:

a household must not form an extended household with more than one other household

households can end the arrangement at any time, but should not then form an extended household with a new household for at least a 14-day period.

All the adults living in both households should agree to form the extended household. We also encourage parents or guardians to involve their children in discussions. Forming an extended household is an important decision that should be properly discussed and agreed beforehand. Physical distancing between members of an extended household is not required

Once two households have agreed to form an extended household they may meet outdoors or indoors, visit and stay at each other's homes, and do everything that people in other households can do, such as watch TV, share a meal and look after each other's children.

Members of an extended household are considered to be one household for the legal requirements on meeting other households and going outside, and for the guidance in this document about seeing friends and family and about exercise and leisure activity.

You can continue to interact with members of your extended household even if they live in a different area with a different Level of protective measures.

If someone in the extended household develops COVID-19 symptoms, to avoid spreading the virus all members of the extended household must isolate immediately if they met the symptomatic person at any time between 2 days before and up to 10 days after their symptoms started.

If the symptomatic person tests positive, all members of their direct household must isolate for 14 days from the start of symptoms. Similarly, other members of the extended household must isolate for 14 days from when the most recent contact took place. Isolate means staying in your own home for the full 14 days.

Those at a higher risk of severe illness from coronavirus (including people over 70, people who are pregnant and people with an underlying medical condition) may take part in an extended household arrangement, but should strictly follow the handwashing, surface cleaning and respiratory hygiene guidance on the NHS Inform website.

Shared parenting

Where parents do not live in the same household, children can move between their parents' homes in all levels, this includes both supervised and unsupervised visitation.

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[su_spoiler class="my-custom-spoiler" title="Hospitality in Level Three Areas"]

Restaurants, cafes, pubs and bars can open indoor and outdoors for the consumption of food and non alcoholic drinks. Alcoholic drinks cannot be served. Last entry is 17:00 and all venues must be closed and all customers off the premises by 18:00.

The maximum number of people you can meet indoors and outdoors in a restaurant, café, pub or bar is 6 which can be from up to 2 separate households.

Children under the age of 12 from these households do not count towards the total number of people meeting outdoors only.

Where an individual household includes more than 6 people they can continue to meet as a household in hospitality premises, although the venue may impose a smaller group limit.

Table service and the wearing of face-coverings (unless exempt) when not seated by all customers is mandatory in all hospitality venues. When meeting people from more than one other household, you should think beforehand about what size

of table you will need to keep physically distanced between members of your group. The venue you are visiting should be able to advise you of booking options.

You will be asked by to provide your contact details for Test and Protect purposes This information is retained for 21 days with a view to sharing with Test and Protect Teams, if required.

Hospitality venues are required to put in place additional measures to minimise transmission of COVID-19. For example hand sanitiser stations and adequate ventilation. There will also be signs to inform customers whether the venue is in a 2 metres or 1 metre social distancing area.

You should stay at least 2 metres apart from people from other households at all times, unless the venue is operating 1 metre distancing due to additional measures being in place to avoid transmission. Physical distancing and good hand hygiene remain the most effective measures in reducing the transmission of COVID-19. Therefore, distancing requirements need to be maintained, where reasonably practicable, at all times, including when waiting to enter premises and when seated.

You should avoid visiting multiple hospitality premises on the same day. In particular, do not visit more than one pub or bar on the same day, as this increases the risk of transmission.

Takeaways can still operate as normal, provided food and drink is sold for consumption off the premises. Face coverings and physical distancing rules must be followed.

Hotels and other accommodation providers can still serve food to guests staying in their premises up to 22:00. Room service, including alcohol, is allowed as normal.

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