

Coronavirus – today's figures

The latest figures detailing the number of people diagnosed with Covid-19 in the last 24 hours in Scotland have been announced.

The figures in Scotland as at 29 December 2020 are as follows:

- **1,895** new cases are reported today
- **14,179** new tests for Covid-19 reported results and **14.4%** were positive
- **7** newly reported deaths of people who have tested positive were recorded
- **65** people are in intensive care with recently confirmed Covid-19
- **1,092** people are in hospital with recently confirmed Covid-19

As at 28 December 2020 the total number of positive cases was **122,786** and the total number of deaths where Covid-19 has been confirmed now totals **4,467**.

As at **20 December 2020**, a total of **6,298** deaths have been registered in Scotland where Covid-19 was mentioned on the death certificate, according to statistics published by National Records of Scotland (NRS) on Wednesday. This figure is calculated on a wider definition of deaths relating to Covid-19 than the daily figure reported by The Scottish Government.

You can also see the latest numbers laid out visually on the

Travelling Tabby website [here](#). It is updated at 3pm daily.

[su_spoiler class="my-custom-spoiler" title="Christmas bubbles what you need to know"]Christmas bubbles: what you need to know

The safest way to celebrate Christmas this year is with your own household in your own home – and as far as possible, to keep any interaction with other households to a minimum. This is by far the safest way to spend this Christmas and keep your loved ones safe.

Christmas bubbles can be formed on the 25th December to help reduce loneliness and isolation. You can meet with your bubble in a home, outdoors or in a place of worship.

You do not have to form a bubble if you do not want to – the safest way to spend Christmas is to stay in your own household, in your own home and your own local area.

If you do decide to form a bubble, this updated guidance asks you to:

minimise the number of people in a Christmas bubble. 8 people from 3 households (plus children under 12 years of age from the three households) is the legal maximum. One of the households can be an extended household. But our recommendation is that a gathering of no more than 2 households would be better – the smaller the bubble, the better and safer it will be

stay outside as much as possible. We strongly recommend that you should stay outdoors as much as possible and that, if you have to meet indoors, you should minimise the time you spend inside

minimise the distance you travel. The law allows you to travel within Scotland – but not to or from outside Scotland – to form a Christmas bubble. You must travel to form a bubble and return home on Christmas day

You should not go to a pub, restaurant, café or entertainment venue, for example a cinema or theatre, with your bubble.

If you don't form a bubble you must follow the rules in the local authority area you live in.

Hogmanay and New Year: Christmas bubbles apply on Christmas day only. They will not apply at Hogmanay and New Year. All of mainland Scotland will be in Level 4 over Hogmanay and New Year with Orkney, Shetland, Na h-Eileanan Siar and the more remote islands in Argyll and Bute and Highland in Level 3. You should follow the rules on meeting up and travelling for your level. For further information on schools and childcare see the below section: Caring for others and childcare.

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[su_spoiler class="my-custom-spoiler" title="What bubbles can and cannot do"]On 25 December, if you wish to, you can form a Christmas bubble with up to two other households (one of which can be an extended household), up to a maximum of 8 people. Children under 12 do not count towards this number, if from the 3 households. While 3 households is the legal maximum, our recommendation is that 2 is better□□□□□.

You can travel only within Scotland to meet people in your bubble. 1 of the bubble members must live in the local authority area you are gathering in and you should follow local travel rules once you arrive.

You can meet your bubble in a home, an outdoor place or a place of worship. We strongly recommend that you should avoid meeting your bubble within a home if possible and that you should take the following steps to protect your loved ones:

try to limit contact with others before and after forming a bubble

stay 2 metres apart from people not in your own household – children under 12 do not need to do this (and can continue to

meet other children under 12 outdoors who are not in their bubble)

don't meet other people who are not in the bubble socially indoors or outside

follow the FACTS guidance, by regularly washing hands and keeping surfaces clean

avoid sharing crockery or cutlery

Households who have formed a Christmas bubble must not:

be in more than one bubble;

stay overnight;

change the members of the bubble once formed.

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[su_spoiler class="my-custom-spoiler" title="Staying safe at Christmas"]The safest way to spend Christmas and the festive period is to stay in your own household, in your own home and your own local area. But we recognise that isolation and loneliness can hit people hard over the Christmas period. To help to reduce this, we are temporarily changing some rules on meeting other people.

Just because we are allowing people to meet up in a limited way does not mean that you have to do so. It is a personal choice.

Everyone should think carefully about the risks involved in increasing the number of people you have contact with, particularly if you or your loved ones are at a higher risk from coronavirus. The virus won't take Christmas off. If we provide it with opportunities to spread from household to household, it is likely to take them.

If you choose to spend Christmas with family and friends, this guidance aims to help you stay as safe as possible.

If you have not formed a bubble you should continue to follow the travel, socialising and hospitality rules for the council

area you live in.

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[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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[su_spoiler class="my-custom-spoiler" title="Restrictions in Level Four Areas"]You should not meet anyone who is not in your household indoors in your home or in their home. You can meet another household indoors in a public place. The maximum number of people who can meet indoors in a public (not a home) place 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 permitted to gather indoors in a public place but do count towards the maximum of 2 households permitted to meet. For example a children's party with 10 children from more than 2 separate households would not be allowable, but 6 adults and 4 children from 2 households could meet.

Children under 12 do not need to maintain physical distance from others indoors.

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.

You can go into another household to provide care and support for a vulnerable person. This can include providing emotional support for someone whose wellbeing is at risk, including for those who are isolated because of disability or a caring

situation. Read Coronavirus (COVID-19): advice for unpaid carers

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 UP OUTDOORS

You can meet people from other households outdoors in a private garden or in a public place such as a park. 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

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.

HOSPITALITY

Restaurants, cafes, pubs and bars will be closed. Sectors guidance is at: [sector guidance for tourism and hospitality](#)

Takeaways can still operate as normal, provided food and drink

is sold for consumption off premises. Face coverings and physical distancing rules must be followed.

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

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Level 0

Level 1

Level 2

Level 3

Level 4

Scottish Government
Riaghaltas na h-Alba
gov.scot

Level 3 Measures

These are the protective measures that apply in your local area from 2 November. These will be updated, check www.gov.scot for updates.



In all levels and settings, please follow relevant public health advice and requirements such as on the use of face coverings

Socialising No in-home socialising (limited exceptions) 6 people from 2 households outdoors and in public places, e.g. hospitality settings		Hospitality No alcohol 17:00 Last Entry 18:00 Closed		Travel Essential travel only to/from level 3 or 4 areas in Scotland, and to/from rest of UK Follow rules and advice on international travel		Transport Active travel (walk, run, cycle, wheel) where possible Essential use of public transport only Avoid car sharing with people not in your household	
Shopping Open		Close contact services Open but may be subject to additional protective measures See guidance on which mobile close contact services are permitted		Support services Online where possible		Places of Worship Open Restricted numbers 50	
Early Learning and Childcare Open with enhanced protective measures in place		Informal Childcare 		Unregulated (children's) activities Restrictions apply - see guidance		Schools Open with enhanced protective measures in place	
						Colleges and Universities Restricted Blended	
Visitor Attractions Open with protective measures		Public Services Open but reduced face-to-face services		Public buildings Open with protective measures		Driving Lessons 	
Offices and Call Centres Essential only/ work from home		Other workplaces Open with enhanced protective measures in place		Shielding Level 3 Shielding Rule		Sports and Exercise Indoors individual exercise only (exemption for under 18s) Outdoors all except adult (18+) contact sports	
Leisure and Entertainment Closed		Life Events Weddings/ civil partnerships: 20 Funerals: 20 Post-funeral gatherings and receptions: 20		Stadia and Events Events not permitted Stadia closed to spectators		Accommodation Open Work-related use to continue Stay local	

Latest updates at <https://www.gov.scot/coronavirus-covid-19/>

Check here for the latest face coverings information:

<https://www.gov.scot/publications/coronavirus-covid-19-phase-3-staying-safe-and-protecting-others/pages/face-coverings/>

This table is indicative and will be updated over time. Exemptions apply for these protective measures. Please see guidance for details. Regulations in relation to each level will be published on legislation.gov.uk and relevant public health advice (such as physical distancing and enhanced hygiene measures) applies. Find relevant guidance on www.gov.scot. All restrictions will be kept under review to ensure that they remain proportionate and necessary to address the ongoing public health emergency.



Remember **FACTS** for a safer Scotland

F

Face coverings



A

Avoid crowded places



C

Clean your hands regularly



T

Two metre distance



S

Self isolate and book a
test if you have symptoms



nhsinform.scot/coronavirus
#WeAreScotland

