




Central Belt in Scotland Restrictions



F.A.C.T.S



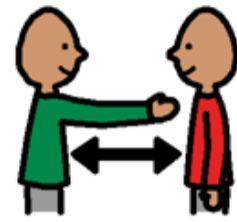

Face Coverings




Avoid Crowded Places




Clean hands and surfaces



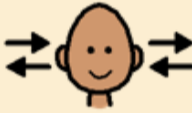
Physical distancing



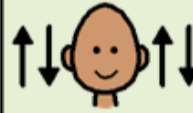
Self isolate and book a test if symptomatic



Do I need to travel?




no





yes




don't travel




Follow F.A.C.T.S


Can I still go on my holiday?




yes




travel alone



stay alone




travel with household




stay with household



Work and Education

work from home

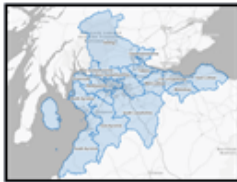


schools stay open



colleges and universities follow national restrictions






Central Belt in Scotland Restrictions



F.A.C.T.S





Face Coverings



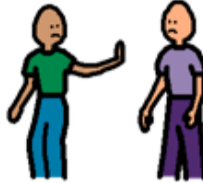
Avoid Crowded Places



Clean hands and surfaces



Physical distancing





Self isolate and book a test if symptomatic










Licensed premises must close

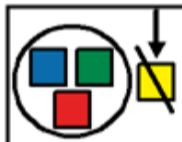
AM

Unlicensed premises can open between 6am and 6pm

Take-aways can open following current guidance



Exemptions






Licensed cafes can sell food and non-alcoholic drinks







Hotels can serve residents food and non-alcoholic drinks






Hotels can serve residents alcohol by room service.



Check the Scottish Government website for more exemptions and information.






Central Belt in Scotland Restrictions



F.A.C.T.S



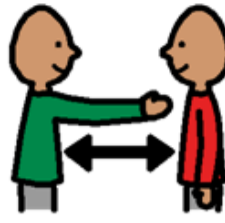

Face Coverings



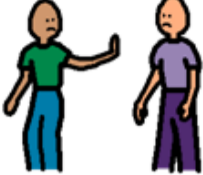
Avoid Crowded Places



Clean hands and surfaces



Physical distancing




Self isolate and book a test if symptomatic



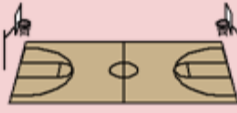
Sport and Leisure




No group exercise in:



indoor gym



indoor sports courts



pools



similar locations



except when specifically for under 18s



Need to Know



Outdoor contact sport




Professional sports




coaching outdoors



Check the Scottish Government website for more exemptions and information.

