



Central Belt in Scotland Restrictions



F.A.C.T.S



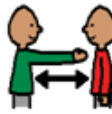

Face Coverings




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




DO




DON'T




access local resources




walk



cycle




scoot




work from home



unless necessary



use public transport*



travel outside health board*

