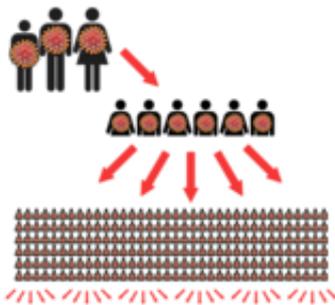


Easy Read

Lockdown January 2021



There is a new kind of coronavirus



This new virus passes on easily



From Tuesday 5 January there are new lockdown measures for all parts of Scotland that were at Level 4



This lockdown will last for all of January

What should I do?



We all must stay at home



No visits to friends or family are allowed



Talk to friends and family on the phone or online



Up to 2 people from 2 separate households can meet outdoors



The police will be able to stop groups



You can go outside for a walk, cycle or run but do not get too close to others



You are allowed to go shopping for food or medicine



It is better to have your shopping delivered if you can



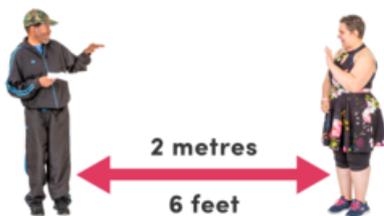
If you are on the Shielding List you will get a letter from the Chief Medical Officer with more information



Remember to wash your hands every time you come back into the house



Wear your Facemask when you are in shops or using transport



If you are passing someone outside keep 2 metres between you



If you have symptoms of coronavirus phone NHS Inform on 0800 028 2816



These are the symptoms to look out for.

A high temperature

A cough

Breathing difficulties