



# 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](http://www.gov.scot) for updates.

Remember

**FACTS**

Face coverings



Avoid crowds



Clean hands






























Two metres



Self isolate

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

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