

Easy Read version of CMO letter to Level 4 residents on shielding list



This is an Easy Read version of a letter sent to people who live in a level 4 area and have a high chance of becoming very ill from the coronavirus.



This is sometimes called the shielding list.



You can read more about what level 4 of the coronavirus means here

www.gov.scot/coronaviruslevel4



Easy read information on the levels can be found at the end of this easy read.



We are sending you this easy read to give you extra advice that should help you.



People in level 4 areas should work from home



If you cannot work from home then speak to your boss about making workplace safer.



You can find more information about this here

www.gov.scot/covid-workplace-risk



If you definitely cannot go to work you can use the letter as evidence. This is called a fit note.



You do not need a fit note from your GP.



You might like to get text messages with more information about staying safe



Send a text from your mobile phone with your Community Health Index (CHI) number to 07860 064525. Your CHI number is the 10-digit number at the top of your letter.

Easy read information on all protection levels

Level 0



A maximum of 8 people from 3 different households can meet indoors.

A maximum of 15 people from 5 different households can meet outdoors.

Carers and support workers can make home visits.



You should avoid non-essential travel to areas that are in Level 3 and 4.

Avoid car sharing.



Shops, leisure and entertainment venues are open, but not nightclubs.



Weddings, receptions, funerals and wakes are limited to 50 people.

Social distancing and face covering rules still apply in all of the levels.

Level 1



People from different households are not allowed to meet indoors in each other's house. This might change and guidance will be updated.

Carers and support workers can make home visits.

A maximum of 6 people from two different households can meet outdoors or in cafes, pubs and restaurants.



Closed



Pubs and restaurants may only be open at certain times.

Weddings, receptions, funerals and wakes are limited to 20 people.



You should avoid non-essential travel to areas that are in Level 3 and 4.

Avoid car sharing.



All sports and exercises are allowed but not indoor contact sports for adults.

Level 2



People from different households are not allowed to meet indoors in each other's house.

Carers and support workers can make home visits.



A maximum of 6 people from 2 different households can meet outdoors or in cafes, pubs and restaurants.



You should avoid non-essential travel to areas that are in Level 3 and 4.

Avoid car sharing.

Most leisure and entertainment venues are closed except cinemas, amusement arcades, and bingo hall

Level 3



People from different households are not allowed to meet indoors in each other's house.

Carers and support workers can make home visits.



A maximum of 6 people from 2 different households can meet outdoors or in cafes, pubs and restaurants.



No non-essential travel into or out of the Level 3 area.
Avoid non-essential use of public transport.

Avoid car sharing.

Level 4



People from different households are not allowed to meet indoors in each other's house.

Essential visits of carers and support workers are allowed.



A maximum of 6 people from two different households can meet outdoors and in public places.



No non-essential travel into or out of the Level 4 area.

No use of public transport unless for essential purposes.



Non-essential shops are closed.

Hotels, B&Bs and self-catering only used for essential accommodation.



Hairdressers, tailors, barbers and beauticians are closed.



Gyms are closed and only non-contact sports allowed outdoors.

All leisure, entertainment and visitor attractions are closed.

Weddings limited to 15 people. Funerals and wakes are limited to 20 people. Receptions are not allowed.



Schools remain open, but there are stricter rules on teaching at university and college.

Please note this is only a summary document.

It does not list all the restrictions under every level.

For more info, go to:

<https://www.gov.scot/publications/coronavirus-covid-19-protection-levels/>

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Easy read information prepared by SCLD and People First (Scotland).