

# Celebrate the festive season safely.

The safest way to spend this festive season is at home with your own household. It will be different, but there are still ways you can celebrate with family and loved ones.

## GO VIRTUAL

- If you aren't meeting up in person, you can still have a virtual get together or have a meal together online.

If you know anyone who might struggle to access this technology, find advice on how to support them at [connecting.scot](https://www.connecting.scot)



## GO OUTDOORS

- If you haven't formed a festive bubble, you can exchange presents outdoors with a local friend or family member in the park. Remember to keep a 2 metre distance.
- You can also go for a local walk together and take a flask each of something hot to drink.



## CHECK IN

- Let people know they aren't alone. Check in on your neighbours by phone, text, at their door, or with a Christmas card.
- Volunteer to pick up shopping for any vulnerable neighbours.

If you or someone you know is struggling with the restrictions and loneliness at this time of year, you can access advice and helplines at [clearyourhead.scot/support](https://www.clearyourhead.scot/support)



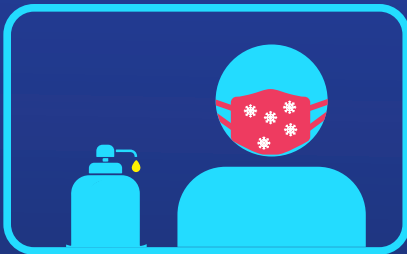
# How to form a festive bubble safely.

Please avoid forming a Christmas bubble if you do not need to.  
If you do, meet with as few people as possible and try to meet outdoors.  
The legal maximum is 8 adults from 3 households.



## TOP TIPS

- Ventilate the house before, during and after a visit.
- Clean touch points regularly, such as door handles and surfaces.
- Don't share cutlery or crockery.
- Keep hugs virtual, avoid physical contact with people from outside your home and try to keep a 2 metre distance at all times.
- Follow FACTS.



## HOSTING TIPS

- Encourage everyone to bring their own hand sanitiser and give out festive face coverings.
- Only one person should prepare and serve the food.
- Minimise the number of people in the kitchen.
- When the guests leave, any virus will remain in the house, so it's best not to have the most vulnerable person hosting an event.



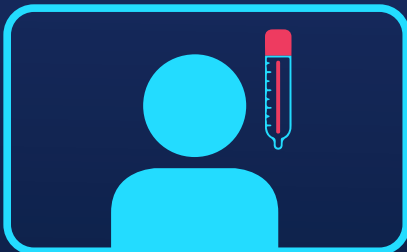
## TRAVELLING

- Minimise the distance you travel. You can travel within Scotland, but no travel is permitted in or out of Scotland.
- You should travel to meet those in your festive bubble and return home on the 25th December.



## KEEPING THOSE AT HIGHEST RISK SAFE

- Limit social contact with anyone outside your bubble before and after 25th December.
- Plan who people at higher risk sit next to.
- Serve each person individually, don't pass food and drink around, and try to keep a 2 metre distance at all times.
- The virus spreads easier indoors, spend as little time as possible inside with your bubble.



## WHAT IF SOMEONE IN MY BUBBLE DEVELOPS COVID-19 SYMPTOMS?

- If someone in your bubble develops symptoms, all members of the bubble must isolate immediately if they met the symptomatic person between 2 days before and up to 10 days after their symptoms started.
- If the symptomatic person tests positive, all members of the bubble must isolate for 10 days.



FACE  
COVERINGS



AVOID  
CROWDS



CLEAN  
HANDS



TWO  
METRES



SELF-  
ISOLATE

Stopping the spread starts with all of us.

#WeAreScotland

gov.scot/coronavirus