### **Coronavirus (COVID-19): guidance for festive period – Easy Read**

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| What is this easy read about? | |
| Christmas Tree Decorated  Easy Read Info 1 | This is an easy read version of Scottish Government guidance about what people can do for Christmas. |
| Date Dec 23  Date Dec 27 | People can do things for Christmas between 23 and 27 December. |
|  | People can form a Christmas bubble of up to 3 households. |
| Local Restrictions | A lot of the rules depend on what you can do in the local area where the Christmas bubble will be. |
| Website Link | You can find out the local rules in the place where you will be here.  <https://www.gov.scot/check-local-covid-level/> |
| Staying safe at Christmas | |
| Household 13 | The safest way to spend Christmas is to stay with the people you live with in your house. |
| Christmas Alone 1 | We know people can get lonely at Christmas so there will be a change to the rules about what we can do. |
| Coronavirus Symptoms | The virus will still be able to make you unwell during Christmas. |
|  | You do not have to see family and friends by having a Christmas bubble. You can choose not to. |
|  | If you do see family and friends at Christmas this is information to help keep you safe. |
| What you can and cannot do in a Christmas bubble | |
| Date Dec 23  Date Dec 27 | You can form a Christmas bubble between 23rd December and 27th December. |
|  | The Christmas bubble can include no more **than 3 households** including **1 extended household.**  It would be better and safer if it **only had 2** households. |
| House 1 | You can meet people in your bubble in homes and gardens. |
| Church | You can meet in a place of worship like a church. |
| Short break11 | You can stay overnight at the house of your bubble. But you should **only do this if you have to.** |
| Outside | You can meet them in outdoor public spaces. |
|  | You should not be in more than one bubble. |
|  | You cannot change who is in your bubble after it starts. The same people have to stay in your Christmas bubble during the days it is allowed. |
| Stay Home | Try not to see people on the days before you start your bubble. |
| Social Distancing | Stay 2 metres away from people in the Christmas you do not usually live with. |
|  | The 2 metres rule does **not** apply to children **under 12.** |
|  | Try not to meet the other people in your bubble too much if you can. |
| Christmas Party | You **should not** meet people who are not in your bubble either indoors or outside |
|  | Remember to follow the FACTS guidance. |
| Cutlery | Do not share plates or cutlery. |
| Christmas bubbles and extended households | |
| Support Bubble Blank | Sometimes an extended household is called a bubble.  An extended household and a Christmas Bubble **are not** the same. |
| Support Bubble Blank  **1** | A Christmas Bubble should only include **1 extended household.** |
| Support Bubble Blank | Different types of people can be an extended household. |
|  | If you are in a couple or relationship but do not live together |
|  | If you live alone |
|  | The only people you live with are under 18 years of age |
| Children whose parents live apart | |
| Mother Child 1 | Some children have parents who do not live in the same house. |
| Mother Child 1 | If their parents have two different Christmas bubbles then children can move between them. |
| Older and vulnerable people | |
| Oxygen Mask 2 | Some people have a higher chance of becoming very ill from coronavirus. |
| Safety | These people should be very careful about having a Christmas bubble. |
| Travel | |
| Transport | If you have to travel to see people in your Christmas bubble you should do so between 23rd and 27th December. |
| Date Dec 27 | You should travel home no later than the 27th December. |
| Local Restrictions | You should try not to leave a **level 4** area in Scotland |
| Local Restrictions | You should try not to go to a t**ier 3** are in England. |
| Night  Date Dec 27 | If you have an overnight journey you must start it on the 27th |
| Coronavirus Symptoms | You do not have to travel if someone from your group gets symptoms of the coronavirus. |
| Timetable | Plan and book ahead if you need to use public transport. |
| Local Restrictions | If you travel to be in a Christmas bubble you must follow the travel rules for the area you go to. |
| Local Restrictions | When you are in that area you should not leave to go to a different level. |
| Website Link | You can find more information about travel rules here  <https://www.gov.scot/publications/coronavirus-covid-19-protection-levels/> |
| Website Link | You can find out more about travelling safely here  <https://www.transport.gov.scot/coronavirus-covid-19/transport-transition-plan/advice-on-how-to-travel-safely/> |
| UK Map All | If you travel to a different country than Scotland you should find out the rules for that area. |
| Aeroplane | You should not travel to a country that is not in the UK and Ireland unless you have to for a very important reason. |
| Going to pubs and restaurant | |
| Place pub | You should not visit a pub or restaurant with people in your Christmas bubble you do not live with. |
| Local Restrictions | If you do not have a Christmas bubble then you should follow your local rules. |
| Staying in tourist accommodation | |
| Farmhouse | Your Christmas bubble can meet or stay in self-catering accommodation. You should only do **if you have to.** |
| Farmhouse | Your Christmas bubble should try not to stay in the same holiday house. |
| Local Restrictions | Someone in your Christmas bubble has to live in the council area where the self-catering accommodation is. |
| Place hotel | Not everyone in your Christmas bubble can stay in the same hotel. |
| Place hotel | You can stay in the same hotel if you go from there to visit your Christmas bubble in another place. |
| Visiting and caring for others | |
| Care HomePlace Hospital | Some people will want to visit people in a:  Hospital or hospice  Care home |
|  | The safest thing to do if you want to keep visiting these places is not to have a Christmas bubble. |
| Website Link | You can read more information about visiting care homes during Christmas here.  <https://www.gov.scot/publications/coronavirus-covid-19-adult-care-homes-visiting-guidance/> |
| House 1 | You can still go into another house to care for a relative. |
| Social Distancing | You should be very careful to follow the rules on physical distancing and hygiene when you do this. |
| Website Link | You can find more easy read information on this here:  <https://www.nhsinform.scot/translations/formats/easy-read/coronavirus-covid-19> |
| Prisoners | If you are part of a Christmas bubble you can still visit someone in prison. |
| Students | |
| House 1 | If a student goes to a family home for Christmas then they become part of the household at their family home. |
| Shared accommodation | |
| Flats Block 1 | Some people live together in a shared flat or house. These people are not family members or students. |
| Flats Block 1 | The rules are different for these people who live in a shared flat or house. |
|  | These people should try not to join a Christmas bubble with people not in their shared flat or house. |
| Social Distancing | If they do join a Christmas bubble they should isolate from the people in their shared flat or house for 7 days. |
| Social Distancing | This means they should stay as far away from the people they live with inside before going to a Christmas bubble and they when they come back. |
| Places of worship | |
| Church | You can go to a church or other place of worship with members of your Christmas bubble. |
| Church | Maximum numbers at individual places of worship will depend on where the church is and how many people can fit inside. |
| Website Link | For more information about going to places of worship here    <https://www.gov.scot/publications/coronavirus-covid-19-protection-levels/pages/protection-level-4/> |
| Self isolation | |
| Stay Home | Some people will be staying at home because of coronavirus symptoms. |
|  | These people must not join a Christmas bubble. |
| Shopping | |
| Shopping Outlet 1 | You should not go shopping with people in your Christmas bubble. |
| Santa and Christmas experiences | |
| Local Restrictions | Whether you can go and see Santa depends on where you live. |
| Santa Claus | You cannot go to see Santa or another type of Christmas experience if you live in a level 4 area. |
| Local Restrictions | You should not travel to another council area to see Santa if you live in a level 4 area. |
| Santa Claus | There should be a booking system so that people do not have to queue. |
| Santa Claus  Mother Child 1 | Only **1 household** should visit Santa at a time and only **1 adult** is allowed to go. |
| Christmas Gifts | Children must pick their own present instead of being given one by Santa. |
|  | Children over 5 years old should wear a face covering. |
| Wash Hands 20 Seconds | People should remember to wash their hands. |
| Social Distancing | People should physically distance and stay 2 metres apart from each other. |
| Carol singing and music | |
| Local Restrictions | Carol singing and musical performances can take place only in Level 0 and 1 council areas. |
| Singer 1 | Professional singers and musicians can have performances. |
| Opera Singers  Outside | Professionals and non -professional singers and musicians can have performances outside. |
| Opera Singers  House 1 | Carol singers should not go to houses and knock on the door. |
| Local Restrictions | You cannot travel from a Level 3 or 4 area to watch a performance in another area. |