

# Guidelines

**We are excited to start face to face meetings again but it's important we all follow the rules to stay safe.**

**Before your meeting:**

**If possible, do a Covid Lateral Flow Test**

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**Download the Protect Scotland app**

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**If you feel ill, tell your volunteer**

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**Tell your volunteer or coordinator if someone in your house has symptoms**

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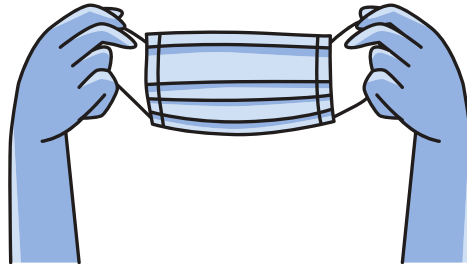
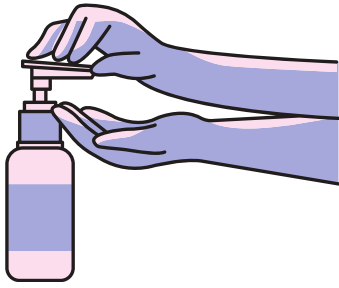
**Check to see if your area is in a local lockdown**

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**Minimise the number of meetings you have with people from other households each day**

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## During your meeting:

**Keep 2 metres apart (that's 2 big steps!)**

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**Stay outside (like a garden or park)**

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**Don't go indoors anywhere**

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**Don't go to outside cafes or eateries**

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**Cough into your elbow or a tissue**

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**Don't go into your volunteer's car**

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**Don't touch the same surfaces**

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**Use hand sanitiser regularly**

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**Wearing a face covering is optional**

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**Don't share food or drink**

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