

# Important steps to keep our communities safe

Restrictions easing is good news. But it's still very important that we all follow the steps below to help everyone, including school and childcare staff, stay safe. It takes only one coronavirus case to potentially send classmates home to self-isolate for 10 days. So let's work together and keep school and childcare settings open.



## Look out for any symptoms in your household.

Don't send your child to school or their childcare setting if they, you or anyone in your household has coronavirus symptoms. And follow the Test and Protect guidance on self-isolation if anyone in your household does display symptoms.



## Continue to wear a face covering at drop-off and pick-up time.

And also in any busy areas near your child's school or childcare setting.



## Limit to one adult at drop-off and pick-up time.

This reduces the number of people in the area and helps keep congestion down.



## Keep 2 metres away from other adults.

This applies when waiting for your child or walking to and from their school or childcare setting. Also, please avoid gathering in groups with other parents. This makes it easier for people to safely pass at 2 metres and reduces your coronavirus transmission risk.



## Avoid car shares and limit taking public transport.

Avoiding confined spaces with other people reduces the risk of transmission.



## Have outdoor playdates if you can.

Even though we're allowed to meet indoors now, it's still safer to meet outdoors because there is a lower risk of coronavirus transmission. And there are so many benefits to meeting outdoors. There's more space to play games, you can go on green walks in parks, listen out for new sounds with your wee one and even try and spot wildlife. And if it does rain, jumping in puddles is super fun too!

**For up to date information, support and advice visit [parentclub.scot](https://parentclub.scot)**