

## Updated COVID-19 Rules & Guidelines

For guidance purposes only, we have compiled an updated list (as of 12<sup>th</sup> January) of Covid-19 restrictions across the four nations as follows:

	England	Wales	Scotland	Northern Ireland
<b>Face Coverings</b>	<b>Mandatory on most public transportation and public indoor settings</b> —with the notable exception of gyms and hospitality venues where food and drink are consumed.	<b>Mandatory on most public transportation and public indoor settings.</b>  Hospitality exemptions only apply when eating, drinking, exercising, or when seated at a table.	<b>Mandatory on most public transportation and public indoor settings.</b>  People are also being advised to wear masks in crowded outdoor areas.  Hospitality exemptions only apply when eating, drinking, exercising, or when seated at a table.	<b>Mandatory on most public transportation and public indoor settings, except places of worship.</b>  Hospitality exemptions only apply when eating, drinking, exercising, or when seated at a table.
<b>Social Distancing</b>	No minimum social distancing requirements are in place.	<b>By law, employers must take all reasonable measures to ensure 2 metres social distance.</b>  <b>2 metre social distancing required in all public places and offices.</b>	<b>Businesses are legally required to take reasonable measures to reduce the spread of COVID</b> , this includes the re-introduction of social distancing.	<b>By law, employers must take all reasonable measures to ensure 2 metres social distance.</b>
<b>Social Contact/Gathering</b>	No restrictions.	<b>Limited to six people within hospitality venues.</b>	<b>Limited to three households</b> —use of lateral flow tests advised before meeting.	<b>Limited to three households.</b>
<b>COVID Passports</b>	<b>Over-18s required to prove their vaccine status or show a negative test at most venues over a certain capacity such as nightclubs and other venues</b>	<b>NHS COVID Passes required for entry into most venues and events such as cinema, theatres and concert halls.</b>	<b>Over-18s required to prove their vaccine status (must have three doses) or show a negative test at most venues.</b>	<b>Venues such as bars and cinemas and certain events must adhere to the <a href="#">Covid Certification Scheme</a>.</b>

	England	Wales	Scotland	Northern Ireland
<b>Hospitality</b>	No restrictions.	<p><b>Nightclubs closed.</b></p> <p><b>Events and other hospitality venues must take additional measures to protect customers and staff.</b> This includes returning to contact detail collection and table service only and collecting contact details.</p>	<p><b>Nightclubs closed.</b></p> <p>Table service is required where alcohol is served.</p> <p><b>Groups must observe at least 1 metre social distancing.</b></p> <p><u><b>Nicola Sturgeon has announced that she hopes to lift these restrictions from 24<sup>h</sup> January 2022</b></u></p>	<p><b>Nightclubs closed.</b></p> <p><b>Other hospitality venues must return to table service only.</b> Rules limiting the maximum number of people at a table are in place limited to six people or 10 from a single household.</p> <p><b>Dancing in all hospitality venues is forbidden.</b></p>
<b>Events</b>	No restrictions.	<p><b>Outdoor events limited to 50.</b></p> <p><b>Indoor events limited to 30.</b></p>	<p><b>Outdoor events limited to 500 seated or standing.</b></p> <p><b>Indoor events limited to 100 standing or 200 seated.</b></p> <p><u><b>These restrictions will be lifted from 17<sup>th</sup> January 2022</b></u></p>	<p><b>Large gatherings (30+ people) in a private dwelling are not allowed.</b></p> <p><b>Indoor standing events are not allowed.</b></p> <p>No further restrictions on events so long as organisers have carried out appropriate risk assessments and preventative measures.</p>
<b>Working From Home</b>	If possible, people are advised to work from home if they can.	<p><b>If reasonably possible, it is a legal requirement for workers to work from home.</b></p> <p>Employers will be subject to a £1,000 penalty each time their employees break this rule.</p>	<b>It is the legal duty of employers to support working from home wherever possible.</b>	If possible, people are advised to work from home if they can.

	England	Wales	Scotland	Northern Ireland
<b>If you are confirmed positive for or have symptoms of COVID-19, you must...</b>	<p><b>Self-isolate for 10 days.</b></p> <p>You may end isolation early on day 7 if you receive 2 negative lateral flow tests &amp; have no temperature on the 6th and 7th day.</p>	<p><b>Self-isolate for 10 days.</b></p> <p>Clinically vulnerable people are advised to take a PCR test</p> <p>You may end isolation early on day 7 if you receive 2 negative lateral flow tests &amp; have no symptoms on the 6th and 7th day.</p>	<p><b>Self-isolate for 10 days.</b></p> <p>You may end isolation early on day 7 if you receive 2 negative lateral flow tests &amp; have no fever on the 6th and 7th day.</p>	<p><b>Self-isolate for 10 days.</b></p> <p>Clinically vulnerable people are advised to take a PCR test.</p> <p>You may end isolation early on day 7 if you receive 2 negative lateral flow tests &amp; have no high temperature on the 6th and 7th day.</p>
<b>If you are fully vaccinated and have come into contact with someone confirmed positive for COVID-19...</b>	<p>It is not required to self-isolate as long as you return a negative LFD test result for seven consecutive days, as well as remaining remain asymptomatic throughout.</p>	<p>It is not required to self-isolate as long as you return a negative LFD test result for seven consecutive days and <b>upload all results online</b>, as well as remaining remain asymptomatic throughout.</p>	<p>It is not required to self-isolate as long as you return a negative LFD test result for seven consecutive days, as well as remaining remain asymptomatic throughout.</p>	<p><b>You are advised to self-isolate and take a LF test.</b></p> <p>If your result comes back negative, you can stop isolating but must continue to take daily LF tests for 10 consecutive days and remain asymptomatic throughout.</p>
<b>If you are NOT fully vaccinated and have come into contact with someone confirmed positive for COVID-19...</b>	<p><b>You must take daily lateral flow tests for 10 days.</b></p>	<p><b>You must self-isolate for 10 days.</b></p> <p>You should take LFT test on day 2 and day 8 even though you may not have any symptoms.</p>	<p><b>You must self-isolate for 10 days &amp; and take a PCR test.</b></p> <p>You must continue to isolate even if you return a negative PCR result.</p>	<p><b>You must self-isolate for 10 days.</b></p> <p>You do not need to book a PCR test unless you develop symptoms</p>