

# NIVO ASSIST

## COVID-19 BRIEFING DOCUMENT – No.11

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### CORONAVIRUS

#### – INFORMATION FOR INDIVIDUALS AND BUSINESSES IN **SCOTLAND**

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From:

[Office of the Secretary of State for Scotland](#)

Applies to:  
**Scotland**

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## 5. General Guidelines

Social distancing rules and guidelines for people and businesses in Scotland are set by the Scottish Government.

The Scottish Government has a [5-level system](#) of COVID-19 protection measures that can be applied nationally or locally depending on prevalence of the virus across Scotland. This new system came into effect on 2 November.

## 6. Individuals and families

## 7. Health

Any person who has symptoms of COVID-19 - that is a cough, a temperature or loss of taste or smell - should take immediate steps to book a test.

If this applies to you, please go straight to [nhsinform.scot](https://nhsinform.scot) to get a test or, if you can't go online, call NHS 24 on 0800 028 2816. Don't wait to see if you feel better before booking a test, and all people in your household should self-isolate.

The Scottish Government has published [Vitamin D advice for all age groups](#).

Find out [how to get help if you or someone you know is a victim of domestic abuse](#).

## **8. Staying safe and physical distancing**

People living in and visiting Scotland should follow the Scottish Government guidelines for the COVID [protection level \(tier\) for the local area](#).

## **9. Guidance for employees**

[Guidance for employees](#) includes details about working safely, working from home, childcare, holiday and sick leave, and getting financial help if you are not working or working less.

## **10. Travel**

People travelling to, from, and within Scotland should follow the [Scottish Government's guidance on travel and transport](#).

## **11. Parents**

The Scottish Government has coronavirus advice for parents on its [ParentClub website](#).

## **12. Community support**

The [Ready Scotland website](#) has advice from the Scottish Government on volunteering and how to support others in your community

## 13. Businesses

Businesses in Scotland may be eligible for support from both the UK and Scottish governments.

### 14. [Find coronavirus financial support for your business](#)

### 15. Physical distancing for businesses

Business in Scotland should follow the Scottish Government guidelines for the COVID [protection level \(tier\) for their local area](#).

### 16. The Coronavirus Job Retention Scheme

The UK Government's [Coronavirus Job Retention Scheme](#) has been extended until the end of March 2021. The scheme covers every part of the UK, and means the UK Treasury will pay employees 80% of their salary for hours not worked.

### 17. Support for the self-employed

More than 157,000 self-employed people in Scotland have benefited from £777 million of grants from the UK Government's [Self-Employed Income Support Scheme](#). The scheme has been extended to April 2021.

The UK Government are providing the same level of support for the self-employed as is being provided for employees through the Coronavirus Job Retention Scheme which has also been extended until March 2021.

The grants are taxable income and also subject to National Insurance contributions.

### 18. Tax support

The UK Government has [cut VAT for the tourism and hospitality sectors by 15% until the end of March 2021](#).

UK Government also offers [support for businesses struggling to pay tax](#).

### 19. Support for small and medium businesses

The UK Government's [Coronavirus Business Interruption Loan Scheme](#) provides loans of up to £5 million for eligible businesses, is interest free for 12 months, and is open until 31 January 2021.

The UK Government's [Bounce Back Loan scheme](#) helps small and medium-sized businesses to borrow between £2,000 and £50,000. The UK Government will guarantee 100% of the loan and there won't be any fees or interest to pay for the first 12 months. The scheme is open to applications until 31 January 2021.

Small businesses and employers across the UK who have paid statutory sick pay to staff taking coronavirus-related leave can [claim back the money](#).

## **20. Support for larger businesses**

The UK Government's [Coronavirus Large Business Interruption Loan Scheme \(CLBILS\)](#) will provide a government guarantee of 80% to enable banks to make loans of up to £200m to firms with an annual turnover of more than £45m. The scheme is open to applications until 31 January 2021.

The [Bank of England COVID-19 Corporate Financing Facility](#) is designed to support liquidity among larger firms, helping them to bridge coronavirus disruption to their cash flows.

## **21. Scottish Government support for businesses**

Scottish Government coronavirus business support and advice is available at the [Find Business Support website](#).