

# Covid-19: Scottish Government easing lockdown restrictions – Level 0



People First  
(Scotland)



On 13 July the Scottish Government said they would ease more lockdown restrictions.

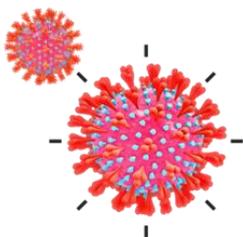
Ease means to reduce some of the rules and restrictions.



From 19th July 2021



All Scotland is at Level 0



Moving to **Level 0** means that the spread of the virus is more under control. Only some restrictions apply.

**Some areas may move up a level if the virus becomes less under control.**

## Households



Up to **8 people** from 4 households can socialise **indoors** in a **private home**.

You are allowed to stay overnight.

**Keep windows open as much as possible to allow ventilation.**



Up to **10 people** from up to 4 households can meet **indoors** in a **public place** to socialise.



This can be in a café or restaurant.



**Respect physical distancing.**

You must be at least 1m away (3 ft) from other households **in all indoor public places**.



Up to **15 people** from up to 15 households can meet **outdoors** to socialise.

No physical distancing in place within your own group when you are outdoors.

## International Travel

You will have to follow rules set by the country you are visiting.

This means you may be asked to be tested, show your vaccination record or quarantine.



The Scottish Government has put in place a traffic lights system for international travel into Scotland.



Travellers who come to Scotland from a country on the **red list** will quarantine for 10 days in a hotel.



Travellers who come to Scotland from a country on the **amber list** will quarantine at home unless you live in the UK and have been fully vaccinated by the NHS.



Travellers who come to Scotland from a country on the **green list** do **not** need to quarantine.



### Leisure

All leisure venues are open except nightclubs.

You must respect physical distancing.

BINGO				
16	8	70	5	13
3	54	88	78	4
12	49	★	18	11
44	87	14	30	9
51	36	65	73	5

## Sports and exercise



All sports and exercises are allowed.



## Events and activities



**Indoor and outdoor events** can happen again.

**Indoor**, up to 400 people.

You must respect physical distancing.



**Outdoor**, up to 2,000 people seated or 1,000 people standing.



Up to 200 people can go to a wedding or a funeral. Alcohol can be served.



Remember to wear a facemask in public places and to wash your hands regularly.



You can find out more on the Scottish Government website:

[www.gov.scot/coronavirus](http://www.gov.scot/coronavirus)



You can also phone the Scottish Government's Coronavirus helpline on **0800 111 4000** (open Monday to Friday, 9am to 5pm).



If you are worried you can ask someone you trust like a family member or your support worker.

The office number for People First (Scotland) is **0131 478 7707** (open Monday to Friday, 9am to 5pm).



**People First**  
**(Scotland)**