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

The Scottish Government said they would ease more lockdown restrictions on 5 June.

Ease means to reduce some of the rules and restrictions.

The following islands are in Level 0

- Argyll and Bute islands of Coll, Colonsay, Erraid, Gometra, Iona, Islay, Jura, Mull, Oronsay, Tiree and Ulva
- Eilean Siar (Western isles)
- All islands in Highland (but not Skye)
- Orkney
- Shetland

Areas in Level 0 are where the virus is most under control. Only some restrictions apply there.

Areas in Level 4 are where the virus is spreading or where the number of cases is still high. Most restrictions apply there.

Some areas may move up or down a level.
The following rules are for the islands in Level 0.

**Households**

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

You are allowed to stay overnight.

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.

Up to **15 people** from up to 15 households can meet **outdoors** to socialise.
People can give each other a hug in private homes or gardens.

International Travel

People may need an essential reason to go to some countries.

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

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.

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.
**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.
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).