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 local authorities are in Level 1

- Aberdeen City, Aberdeenshire, and Moray
- Angus; Perth and Kinross
- Dumfries & Galloway
- East Lothian
- Falkirk
- Fife
- Highland; Argyll and Bute
- Inverclyde and West Dunbartonshire
- Scottish Borders
- West Lothian
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 local authorities in Level 1.

**Households**

Up to 6 people from 3 households can socialise indoors in a private home.

Up to 8 people from up to 3 households can meet indoors in a public place to socialise.

This can be in a café or restaurant.
Up to **12 people** from up to 12 households can meet **outdoors** to socialise.

You must respect social distancing when you meet outdoors in a group.

People can give each other a hug in **private homes** or **gardens**.

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**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 but **NO** adult indoor contact sports.

For example, judo is an indoor contact sport and is not allowed.

Events and activities

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

**Indoor**, up to 200 people.

You must respect physical distancing.
Outdoor, up to 1,000 people seated or 500 people standing.

Up to 100 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

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).