

Covid-19: Scottish Government easing covid restrictions – Beyond Level 0



People First
(Scotland)

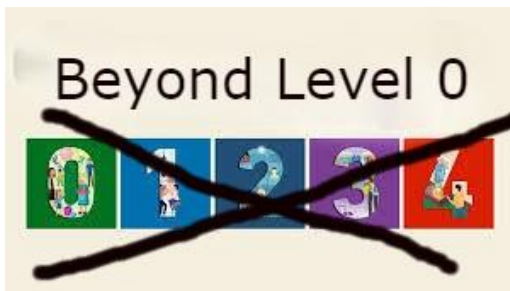


On 3rd August the Scottish Government said they would ease more covid restrictions.

Ease means to reduce some of the rules and restrictions.



From 9th August 2021



Scotland moves beyond Level 0

Moving beyond **Level 0** means that **only some restrictions apply**.

Meeting others



No limits to the number of people who can socialise **indoors or outdoors**.

Physical distancing is not required anymore but it is **encouraged** where possible.



Keep windows open as much as possible to allow ventilation.

Try to avoid indoors crowded places. Meet outside if you can.



Travel



You can travel anywhere in the UK.



International Travel



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

This means you may be asked to be tested for covid, 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, or in the EU or USA.



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



Shopping and leisure

All shops, leisure venues etc. are open.

No places are required to remain closed.



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 indoors and outdoors.



Events and activities

Indoor and outdoor events can happen.

Indoor, up to 2,000 people.



Outdoor, up to 5,000 people.





There are no limits on the number of people that can go to a wedding, funeral or other life event.



Remember to wear a facemask in **indoor public places** or on public transport.



Continue to wash your hands often and to clean surfaces that others may use, for example, desks or tables.



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).



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