

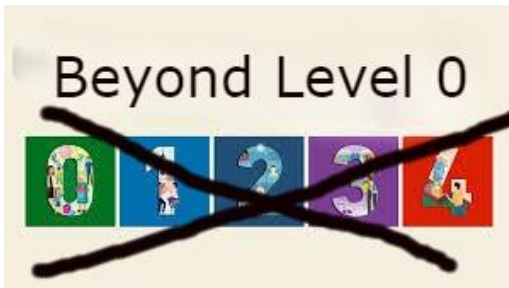
Covid-19: Scottish Government easing COVID restrictions – Beyond Level 0



People First
(Scotland)



Since 9th August 2021 Scotland moved beyond Level 0.



Moving **beyond Level 0** means that most of the restrictions have been lifted.



Meeting others

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



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





Pubs, cafes, restaurants and nightclubs can open.

Keep windows open as much as possible to allow ventilation.

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



Shopping and leisure



All places and businesses like shops, leisure venues, libraries and nightclubs **are open.**



No places are required to remain closed.



Travel



You can travel anywhere in the UK.

International Travel

From 4 October **fully vaccinated travellers coming to Scotland**



- will not have to take a COVID test before travelling to Scotland.
- will not have to quarantine after they arrive to Scotland.

Travellers to Scotland who are NOT fully vaccinated



- will still have to take a test during the last three days before they travel.
- will have to self-isolate for 10 days.
- will still need to take a test on or before the 2nd and 8th day after they arrive.



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

Sports and exercise



All sports and exercises are allowed indoors and outdoors.



Events and activities



All Indoor and outdoor events can happen.

People **who are 18 years old or more** who want to go to a large event or a nightclub must show proof that they have been fully vaccinated.



There are **no limits on the number of people who can attend weddings, funerals and places of worship.**





Reduce risk

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



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



Keep a **safe distance** from people not in your household, especially indoors.

The greater the distance the greater the protection.

Meet outdoors if possible.



Get the vaccine when you are offered it.



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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