

Covid-19: Scottish Government easing lockdown restrictions



People First
(Scotland)



On 16th March the Scottish Government eased some lockdown restrictions.

Ease means to reduce some of the rules and restrictions.

The Government may change some dates.



From 2 April 2021



Stay at Home ENDS.

People can leave their house. They do not need an essential reason to leave their house.

Travel is only allowed inside your local authority.



From 5 April 2021



There will be more click and collect for non-essential shopping.



College students will have more face-to-face teaching.



Hairdressers and barbers reopen.

You must book an appointment.



12-17 year olds can do outdoor contact sports.

April

12



April

20

Between 12th and 20th April 2021



All primary and secondary schools are expected to reopen full-time.

April

26

From 26th April 2021

ONLY If the spread of the virus is more under control:



Travel

People can travel all over mainland Scotland.



Households

Up to **6 people** from up to 3 households can meet **outdoors** to socialise.

6 young people aged 12-17 year olds from 6 households can meet **outdoors** to socialise.



Cafés, pubs and restaurants

Cafés, pubs and restaurants reopen.

Serving **indoors** until **8pm** NO alcohol.



Serving **outdoors** until **10pm** with alcohol.



Takeaway food can be collected indoors.

Shopping



All shops reopen.



Events and activities



Up to 50 people can go to a wedding or a funeral. No alcohol served.



Driving lessons and tests can happen.

Sports and exercise



Gyms and swimming pools reopen for individual exercise.



Public buildings

Art galleries, museums and libraries reopen.



Tradespeople

Plumbers, electricians and joiners can work in your house.

May

17

From 17th May 2021

ONLY If the spread of the virus is still under control:



Households

Up to **4 people** from 2 household can socialise **indoors**.

This can happen in a **private home** or **public space**.



Cafés, pubs and restaurants

Cafés, pubs and restaurants open later.

Serving **indoors** until **10.30pm** with alcohol.



Serving **outdoors** until **10.00pm** with alcohol permitted.

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



Leisure

Cinemas, amusement arcades, and bingo halls can open with a limited number of people allowed.

Sports and exercise



Outdoor adult contact sport and **indoor** group exercise can restart.



Places of worship can allow more people.

Events and activities



Small outdoor and indoor events can happen again.



June						
Tue	Wed	Thu	Fri	Sat	Sun	Mon
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

From Early June 2021

If the spread of the virus is even more under control:



Households

Up to **6 people** from up to 3 households can socialise **indoors**.

This can happen at home or in a public place.



Up to **8 people** from 3 households can socialise **outdoors**.



8 12-17 year olds can meet socially from 8 households **outdoors**.



Cafés, pubs and restaurants

Cafés, pubs and restaurants can stay open until 11pm.

Events and activities



More people can go to events and places of worship.



Sports and exercise

Indoor non-contact sport can happen.



Leisure

Casinos, funfairs and soft play can open.



June						
Tue	Wed	Thu	Fri	Sat	Sun	Mon
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

From end of June 2021

if the spread of the virus is still under control:



Households

Up to **6 people** from up to 3 households can meet **indoors**.



Work

People still work from home as much as possible.



Some office working may start to become possible in limited numbers.



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).



**People First
(Scotland)**