

# Covid-19: Scottish Government easing lockdown restrictions – Level 2

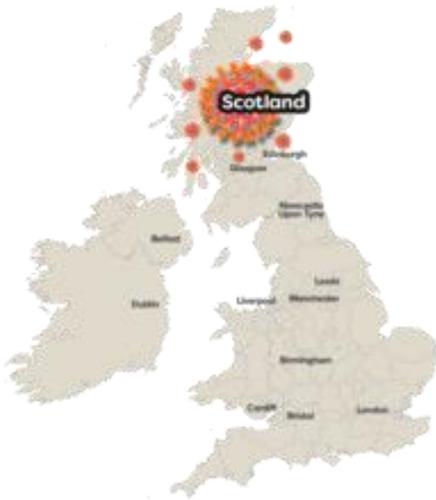


People First  
(Scotland)



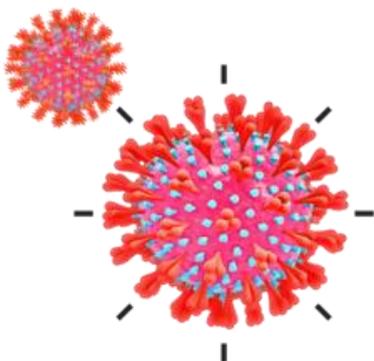
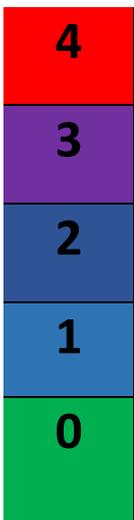
The Scottish Government said they would ease more lockdown restrictions on 5 June.

Ease means to reduce some of the rules and restrictions.



**The following local authorities are in Level 2.**

**Dundee  
East Dunbartonshire, East  
Renfrewshire, East, North, and South  
Ayrshire  
Edinburgh and Midlothian  
Glasgow  
North and South Lanarkshire  
Renfrewshire  
Stirling and Clackmannanshire**



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 2.



### Households

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



Up to **6 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 **8 people** from up to 8 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**.

### 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

Cinemas, amusement arcades, bingo halls, snooker/pool halls and ten-pin bowling can re-open with a limited number of people allowed.

You must respect social 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 100 people.

You must respect social distancing.



Outdoor, up to 500 people seated or 250 people standing.



Up to 50 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).



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