

Communication from Deafblind Scotland during the COVID-19 Pandemic

15th September 2020

Dear members we will continue to provide regular briefings on Covid-19 Pandemic across the winter period. This will ensure that you are up to date with national and local lockdown restrictions that are in place. The Government regularly assesses the risk of the virus spreading and considers what we need to do to help prevent Covid-19 from spreading again.

At the moment there are local restrictions in areas where the virus numbers are spreading more quickly and also national restrictions that you might sometimes hear referred to as the 'rule of 6'. Below we set out local restrictions and then on the next page we describe the new national measures that have been put in place this week.

Local Restrictions

There has been an increase in coronavirus (COVID-19) cases in the West of Scotland, the Scottish Government announced restrictions for people living in **Glasgow City, East Renfrewshire, Renfrewshire, East Dunbartonshire, West Dunbartonshire, North Lanarkshire and South Lanarkshire.**

These are to reduce the chances for the virus to spread between households.

Reminder to people living in these areas they must follow these guidelines.

- Do not visit someone else's home, no matter where it is.
- Do not have anyone from other households in your home. Exceptions for emergencies and care providers.
- Self isolate for 14 days if anyone in your household is contacted by Test and Protect service.

For example if you live in any of the areas listed above you must follow the restrictions above and not have any visitors to your home but you can see 6 people (up to 2

households) each day outside of your own home for example in a park, restaurant or bar.

People who are part of an extended household can visit each other in their homes, regardless of where they live. This might be children living between two parents.

Care home visits in these areas will be restricted to outdoor areas only and hospital visiting will be essential visitors only. Phone the care home or hospital to discuss arrangements.

Schools and early learning/childcare settings are not affected by these measures

These restrictions will be reviewed on 22 September 2020.

Anyone previously Shielding should be extra vigilant in these areas.

Guidance for the rest of Scotland

If you **do not** live in any of the local lockdown areas mentioned above the following guidelines apply.

Meeting others

Adults can meet socially, indoors or outdoors, in groups of up to 6, from no more than 2 households at a time.

Children under 12 from within the 2 households are not counted in the limit of 6 people, but the 2 household rule still applies.

Do not meet more than 4 other households a day.

You can stay overnight and use the toilet in someone else's house.

You should stay 2 metres apart from anyone over 11 who is not part of your household. Do not hug or shake hands with anyone from another household.

Everyone should follow good hygiene, by washing hands regularly.

Deafblind Scotland

The Deafblind Scotland office has closed again, and deafblind people are not yet able to visit the building. Deafblind Scotland office staff are now mainly working from home again due to the rise in Covid-19 numbers.

If you need to contact Deafblind Scotland, you can phone **0141 777 7774** or email **info@dbscotland.org.uk**

Please continue to contact us for support and advice, including:

- Guide/Communicator Service
- Welfare Rights Service
- Support to access technology
- Wellbeing Service – if you are struggling and would like to speak to someone

A Note from Isabella the CEO

Please know that although this is a difficult time that we are at the end of a phone if and when you need us. So please don't feel you are coping alone. We will do what we can to continue to support you either through our wellbeing phone calls or by visiting you at home. We will also continue to run a full programme of activities online as we set out in the recent newsletter.

Take care and please do let us know if we can do anything else to support you now or as we head into the winter period.

Best wishes

Isabella and the team at Deafblind Scotland

Protect Scotland App

<https://protect.scot/>

Free mobile phone app designed to help us protect each other, reduce the spread of coronavirus and avoid further lockdowns.

The app will alert you if you have been in close contact with another app user who tests positive for coronavirus. And if you test positive, it can help in determining contacts that you may have otherwise missed while keeping your information private and anonymous.

- 1) Go to the app store or google play and search for **Protect Scotland**
- 2) Download the app
- 3) Once downloaded, tap on the app icon and follow the on-screen prompts to set it up.