

Communication from Deafblind Scotland during the COVID-19 Pandemic

23 September 2020

There has been an increase in coronavirus (COVID-19) cases and this briefing is to highlight the new rules for the whole of Scotland, announced by the Scottish Government.

The new rules mean that you must not make indoor social visits to other households. To stay safe and protect others, please follow these stricter rules now.

Pubs, restaurants and all hospitality settings will be required to close at 10pm.

We all must follow these guidelines:

- Do not meet people from any other households in your home or another person's home socially, unless they are in your extended household. Very limited exemptions apply for childcare, and for tradespeople.

- Self isolate for 14 days if anyone in your household is contacted by Test and Protect service.
- Everyone who can work from home should work from home.

For example 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.

Care home visits will be restricted 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

Anyone previously shielding should be extra vigilant.

These restrictions will be reviewed on 13 October 2020.

You can continue to contact Deafblind Scotland for support and advice.

Phone: **0141 777 7774**

Text: **07715 421 377**

Email: **info@dbscotland.org.uk**

To help the Scottish Government they want us to remember **FACTS**

Face coverings

Must be worn on public transport, in shops, banks, post offices, places of worship, museums, cinemas and other indoor spaces or where social distancing is difficult. This is to keep yourself and others safer.

Avoid Crowded Places

We should continue to avoid places with lots of crowds.

Clean your Hands Regularly

Continue to follow guidelines regarding cleaning and washing your hands regularly.

Two Metre Distance

Remember to keep physical distance of 2 metres from other people.

Self Isolate and Book Test if You Have Symptoms

Remember to stay at home and get a test if you have symptoms. To book a test please contact **08000 282816** or www.nhsinform.scot

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.

A BSL video introducing the Protect Scotland app is now available at

<https://www.youtube.com/watch?v=F4Yox4vVwf4&feature=youtu.be>