

Communication from Deafblind Scotland during the COVID-19 Pandemic

7 October 2020

There has been a rise in coronavirus (COVID-19) cases and this briefing is to highlight the new rules announced by the Scottish Government.

New Restrictions have been announced in five health board areas, these are; Greater Glasgow and Clyde, Lanarkshire, Forth Valley, Lothian and Ayrshire and Arran.

In these areas you should avoid public transport unless absolutely necessary for the next two weeks. We are also asked not to travel beyond your own health board area.

In these five areas all pubs and restaurants are to be closed indoors and outdoors, takeaways will be permitted.

Snooker halls, bowling alleys, casinos and bingo halls will close in the five health board areas for two weeks from 10 October.

In the rest of Scotland, licensed premises and cafes will be able to open until 6pm, but can only serve alcohol outdoors.

These regional restrictions will last until Sunday 25th October.

The whole of Scotland must continue to follow these guidelines:

- wear a face covering
- avoid crowded places
- clean hands and surfaces regularly
- stay 2m away from other people
- self-isolate and book a test if you have COVID-19 symptoms (new continuous cough, fever or loss of, or change in, sense of smell or taste)

The rules still mean that you must not make indoor social visits to other households. You can see 6 people (up to 2 households) each day outside of your own home for example in a park.

Everyone who can work from home should work from home.

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

Anyone previously shielding should be extra vigilant.

Self-isolate. Stop the Spread.

Need to self-isolate? Do so immediately. Don't go for one last shop or wait for a test result to decide. Lives depend on it. Self-isolating is how we stop the spread. If you need help, support is available. Lives depend on us all doing the right thing.

To book a test please contact **08000 282816** or www.nhsinform.scot

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

Phone: **0141 777 7774**

Text: **07715 421 377**

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

Celebrate the five-year anniversary of the British Sign Language (Scotland) Act 2015.

We welcome our partners, communities and professionals who have worked together over

the last five years. There will be; speakers, discussions, quizzes, videos & case studies.

Event details:

Wednesday 21 October 2020

10am – 2pm

Contact DbS if you would like to attend.

Transport Scotland is hosting a webinar on **29 October, 10:30am – 12:30pm**. They want to engage with as many people with sensory impairments as possible. The webinar will have BSL/English Interpreters and Electronic Note Takers.

You can sign up using the link below:

https://us02web.zoom.us/webinar/register/WN_-pJmhaTVSHOj4VICr4--Fw