

## **Communication from Deafblind Scotland during the COVID-19 Pandemic**

29 October 2020

Dear Members, I hope you are all keeping safe and well and not finding this strange time more stressful than it needs to be. If you are struggling, please remember we are here to help and if someone is not available to take your call we will phone or email you back. The nights are getting darker and the worsening of the weather makes getting out and about challenging even without Covid-19 restrictions. However we do have lots of activities online that you can join and if you aren't able to do that someone will make time to have a chat with you on the phone if you are finding that the days are long or that you are feeling lonely. Please know you aren't in this alone. As you will see below the Government has set out a new system for tackling the virus and the good news is that although there is a way to go yet we are starting to see the rise in numbers of people catching the virus slowing down a bit. We will keep you up to date with any changes the

Government makes, and they are making sure that we have the information that we need to do that. The Government continue to support us to reach out to you in a format that you can access as they know the daily briefings aren't accessible to everyone. Stay well and please remember we exist as an organisation to ensure Deafblind people get the support they need. So if you need us we will do what we can to be here for you.

Best wishes.

Isabella Goldie

Chief Executive

Deafblind Scotland

The Scottish Government have set out plans for a new 5 level system to help tackle the spread of COVID-19.

Currently, we are all asked to not meet people from any other household in your home or another person's home socially, unless they

are in your extended household. You can go into someone's house to provide essential care and support. Tradespeople can also go into people's homes to carry out work and repairs.

Here are the 5 levels in Scotland:

### **Level 0 – Nearly Normal**

Indoor meetings allowed, a maximum of 8 people from 3 households.

15 people from 5 households can meet outdoors.

### **Level 1 – Medium**

Currently no indoor socialising is allowed. However this will change, to allow 6 people from 2 households to meet indoors and outdoors.

There may be additional restrictions preventing socialising at home.

### **Level 2 – High**

No indoor meeting with other households.

6 people from 2 households can meet outdoors and in hospitality settings.

Pubs, bars and restaurants permitted to sell alcohol indoors only with a main meal – and only until 8pm.

### **Level 3 – Very High**

No indoor meeting with other households.

6 people from 2 households can meet outdoors and in hospitality settings.

No non-essential travel into or out of the level 3 area.

Cafes, pubs and restaurants allowed to open until 6pm to serve food, no alcohol sales.

### **Level 4 – Lockdown**

No indoor meeting with other households.

6 people from 2 households can meet outdoors and in hospitality settings.

No non-essential travel into or out of the level 4 area.

Closer to a full lockdown of the type the UK went into at the end of March, with non-

essential shops, hospitality and gyms being forced to close.

Some outdoor meeting still allowed.

Schools will stay open.

Each area in Scotland has been allocated a COVID protection level. There are 5 protection levels. This new system will be introduced from **2 November**.

Here are the levels that each Local Authority has been placed in:

**Level 1** Highland, Moray, Orkney, Shetland and Western Isles

**Level 2** Aberdeen, Aberdeenshire, Angus, Argyll & Bute, Borders, Dumfries & Galloway, Fife, Perth & Kinross.

**Level 3** Glasgow City, Renfrewshire, East Renfrewshire, East Dunbartonshire, West Dunbartonshire, East Ayrshire, North Ayrshire, South Ayrshire, South Lanarkshire, North Lanarkshire, Inverclyde, City of Edinburgh, Midlothian, East Lothian, West

Lothian, Clackmannanshire, Falkirk, Stirling, Dundee.

These levels will be reviewed weekly.

More details are available on the Scottish Government website:

[www.gov.scot/coronavirus-covid-19](http://www.gov.scot/coronavirus-covid-19)

## **We all need to continue to follow these guidelines at all times:**

- 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)

## **Face Covering Exemption**

The Scottish Government have produced an exemption card for people who are exempt from wearing face coverings. Face coverings are important but It is recognised that there are situations where a person is unable to

wear a face covering. An exemption card is not required but is available to support people to feel more confident and safe. You can request an exemption card from <http://exempt.scot> or 0800 121 6240

### **Self-isolate. Stop the Spread.**

Need to self-isolate? Do so immediately. Self-isolating is how we stop the spread. If you need help, support is available.

To book a test please contact **08000 282816** or [www.nhsinform.scot](http://www.nhsinform.scot)

### **Deafblind Scotland is here to help**

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

Phone: **0141 777 7774**

Text: **07715 421 377**

Email: **[info@dbscotland.org.uk](mailto:info@dbscotland.org.uk)**