

# Communication from Deafblind Scotland during the COVID-19 Pandemic

5 January 2021

From Tuesday 5 January, mainland Scotland will move into a **Temporary Lockdown**, to minimise the risk of spreading the virus. We are all being told to '**Stay At Home**' except for essential purposes. Some islands will remain at Level 3.

By law you can only leave your home or garden to:

- care for a vulnerable person
- essential work, but only if that work cannot be done from home
- local shopping
- healthcare
- outdoor socially distanced exercise

A maximum of two people from up to two households will be able to meet outdoors. Children aged 11 and under will not be counted in that limit.

Those who are shielding should take extra care, and if you cannot work from home you are now advised not to work. The Chief Medical Officer is writing to everyone who falls into this category to explain how this will work.

It isn't the best news at the start of the year however we are sure that 2021 will bring better times as we approach spring. We definitely have hope that the vaccination programme and routine testing will help us all get back to some normality.

So in wishing you a Happy New Year please do take care, stay safe and remember you are not alone and that Deafblind Scotland is here for you if you need us.

## **Covid-19 VACCINE**

The vaccine program is well underway. The first people to be vaccinated were front line health and social care workers and older people in care homes. After this those who are most vulnerable within the community will be vaccinated including older people and

those with underlying conditions. You will be informed by your GP or NHS Board when it is your turn.

More information on the Scottish Government website: [www.gov.scot/coronavirus-covid-19](http://www.gov.scot/coronavirus-covid-19)

## **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)**



**FACE COVERINGS**



**AVOID CROWDS**



**CLEAN HANDS**



**TWO METRES**



**SELF-ISOLATE**

*Book a test if you have symptoms.*

**Stopping the spread starts  
with all of us.**