

Letter from Rt Hon Nicola Sturgeon MSP
First Minister of Scotland
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These are challenging times – probably the most challenging many of us in Scotland have ever faced. However we are in it together and we'll get through it together.

I don't underestimate how difficult this has been or continues to be. From the disruption to home, school, work and social life arising from lockdown, to the economic pressures for businesses and citizens, to the worry and heartache of illness and, tragically for some, bereavement. The impact of COVID-19 reaches each and every one of us.

Yet together, we have the power to get us through the crisis. Because there is a role for everyone in helping to stop the spread of the virus: the essential workers and volunteers keeping Scotland moving; those in our NHS and in social care, looking after us; even those at home can play their part by following the guidelines and staying at home.

I know as time goes on these restrictions can become frustrating. We all miss seeing friends and family, or visits to the coast and the countryside. However, these measures are essential for beating the spread of the virus. Follow them and you're part of our collective effort to look after our most vulnerable people, protect our NHS and save lives. It really is that important. This is not forever – the restrictions will be lifted as soon as it safe to do so.

We will get through it. The time will come when normality returns: shops and businesses will reopen; we'll meet up freely with friends and family; we will reflect on contributions made; we will be able to properly mourn those lost. Right now,

however, as I write this letter, our focus as a country remains on staying the course – and I'm confident we will do that.

People across Scotland have always shown determination, character and compassion when it matters most. By tapping into that spirit once again, following the rules and looking out for each other, we'll come through this stronger.

Yours sincerely,

Nicola Sturgeon
First Minister of Scotland