

Communication from Deafblind Scotland during the COVID-19 Pandemic

14th July 2020



The First Minister of Scotland has announced some new rules and changes for coming out of lockdown and moving into Phase 3 of the easing.

We are able to do more things but we will only be able to do this if the virus keeps going down

To help the Scottish Government they want us to remember

An infographic with a light blue background. On the left, the word 'FACTS' is written vertically in large, bold, blue capital letters. To the right of each letter is a corresponding rule in blue text, followed by a blue icon in a rounded square. The rules and icons are: 'F' Face coverings (person with face mask), 'A' Avoid crowded places (group of people with a red 'X' over them), 'C' Clean your hands regularly (hand being washed under a faucet), 'T' Two metre distance (dashed line with '2M' above it), and 'S' Self isolate and book a test if you have symptoms (person with a red fever icon and a test tube).

Face Coverings

We must wear face coverings on public transport and in shops

Main Exemptions to wearing face coverings

- If you have a disability or health condition which makes it difficult to wear one like a breathing condition or physical disability
- Children under 5 years
- If wearing a mask causes you pain or severe anxiety or distress
- Emergency services during their work
- Drivers and shop workers if they can keep 2 metre distance or behind a screen
- Communicating with someone who lipreads
- To eat, drink or take medication
- If requested by a relevant person, i.e. police officer to remove your face covering

If you cannot wear a mask and/or have experienced problems please contact DbS on **07715 421399** to request an exemption card.

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

Hidden Disabilities/Sunflower Lanyard



Remember if you have a sunflower lanyard people will understand why you are unable to wear a face covering.

Places of Worship

Places of worship can reopen from 15th July for services and prayer with reduced numbers and physical distancing. No singing is allowed.

Health Recommendations on Vitamin D

Vitamin D is required for maintaining good bone health. Our main source comes from sunlight.

Current advice is that everyone should consider taking a daily 10 microgram supplement of vitamin D.

Some people are at higher risk of vitamin D deficiency and it is recommended that these people take a daily supplement. This includes:

- All pregnant and breastfeeding women
- Infants and children under 5 years old
- People who have low or no exposure to the sun, for example those who cover their skin for cultural reasons, are housebound, confined indoors for long periods or live in an institution such as a care home
- People from minority ethnic groups with dark skin such as those of African, African-Caribbean and South Asian origin as they require more sun exposure to make as much vitamin D

Vitamin D supplements can be purchased from most supermarkets or pharmacies. A general information leaflet 'Vitamin D and You' is available online at: <http://www.healthscotland.com/documents/5274.aspx> This leaflet is available in different languages.

For more information visit the Scottish Government website:

<https://www.gov.scot/publications/vitamin-d-advice-for-all-age-groups/>

If you would like any further information, get in touch with your GP, pharmacist, midwife or health visitor.

The Chatty Café Scheme

Under this scheme people regularly met at a “chatter and natter” table to get to know new people, however as cafes and restaurants closed the “Chatty Café” was worried for those facing increased loneliness and social isolation so decided to start a **Virtual Chatty Café**. They had never used Zoom and no idea how it would work but after a few attempts it has successfully grown.

The sessions last about 30 minutes for about 12 people at a time. If you would like to join in please email: jenny@thechattycafessheme.co.uk for the Zoom Meeting ID. Everyone is welcome so make a coffee, get comfy and join in! You can chat if you want to or just sit and listen.

Obviously not everyone has access to technology so The Chatty Café can phone you instead. Someone will call you on the same day at same time each week for a 10 minute chat.

Friendship Chats

DbS can support you with contacting other deafblind people in various ways using technology. If you are feeling lonely and fed up and would benefit from regular social connection with another deafblind person please get in touch with Helen on

07715 421399 or email WR@dbscotland.org.uk

Deafblind Scotland Helpline

Please call or text our helpline if you need to chat about anything or have any questions. Please don't hesitate to contact us if you are feeling lonely or have any concerns that you feel we can help with. We are here for you and no question or problem is too big or small. Call us during office hours on: **07715 421399**