

Communication from Deafblind Scotland during the COVID-19 Pandemic

3 December 2020

Good news for everyone that a vaccine has been found and approved. The UK has become the first country in the world to approve the Pfizer-BioNTech vaccine. It has been passed as safe by the medical safety bodies. The vaccine can provide up to 95% protection against Covid-19 and the UK government has already ordered 40 million doses which is enough to vaccinate 20 million people, with two shots each. They hope to give the first vaccine jags in Scotland from Tuesday 8 December. People will be informed by their GP or NHS Board when it is their turn to be vaccinated.

Christmas Guidelines:

The safest way to spend Christmas and the festive period is to stay within your own household, in your own home in your own local area.

During the period 23rd December to 27th December, there will be a limited relaxation of

the COVID-19 rules to allow people to travel within the UK to spend Christmas together.

If you are happy to do so then you can form a bubble of up to three households, one of which can be an extended household.

- Maximum of 8 people.
- Children under 12 do not count towards the total number of people.
- You should not change the members in your bubble during this time once it has been formed.
- If anyone in the bubble contracts Covid-19 all members of the bubble must isolate for 14 days.
- If you or someone in your family has been shielding then being part of a bubble has greater risks for you, this is because you are increasing the number of people you have contact with.

We should all continue to:

- 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)

All of the **protection levels** that each Local Authority has been placed in remain the same. This will be reviewed by 11th December.

Level 1: Orkney, Shetland, Western Isles, Moray & Highlands

People in Moray and the Highlands are not to visit inside other people's houses.

However, for all areas in level one, people can meet outdoors with up to eight people from a maximum of three households.

Level 2: Aberdeen City, Aberdeenshire, Borders, Dumfries & Galloway, Argyll & Bute, East Lothian and Midlothian

Level 3: Falkirk, City of Edinburgh, Clackmannanshire, Inverclyde, North Ayrshire, Dundee, Fife, Perth & Kinross, Angus.

Level 4 (until 11 December): Glasgow, Renfrewshire, East Renfrewshire, East Dunbartonshire, West Dunbartonshire, North Lanarkshire, South Lanarkshire, East Ayrshire, South Ayrshire, Stirling, West Lothian

You can use the online postcode checker, to find your local COVID protection level:

www.gov.scot/check-local-covid-level/

More information is available on the Scottish Government website:

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**