

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

13 July 2021

First Minister, Nicola Sturgeon, has confirmed that restrictions will be eased from Monday 19 July, but face masks will be required "for some time to come". She stated that caution is still needed as the rules ease and we must move forward at a responsible pace.

From Monday 19 July, all of Scotland will move to level zero. However, there will still be some restrictions. These include:

- Hospitality venues must close at midnight
- Indoor public places the physical distance requirement will reduce from 2m to 1m and will apply between different household groups.
- Outdoors, a limit on the size of outdoor group gatherings will be kept at 15.
- For the next three weeks at least, there will be a requirement for 1m distancing between different groups of 15.
- A gradual return to the office has been postponed until after 9 August at least.

- Wedding and funeral limits move from 100 to 200 people
- It will no longer be necessary to book two-hour slots in hospitality

In England all legal restrictions, including those associated with face coverings, will be removed from next Monday. However, masks would still be "expected and recommended" in crowded indoor areas

It is also hoped that most legal restrictions will end on 9 August in Scotland.

From 9 August many of the self-isolation requirements will no longer apply to those who have been double vaccinated and whose tests come back negative.

### **The First Minister encourages everyone to continue to:**

Get the vaccine when you are offered it and get the 2<sup>nd</sup> dose.

Get tested regularly, tests can be ordered online or at community pharmacies.

If you test positive make sure that you self-isolate and book a PCR test.

To order the correct test visit:

[www.nhsinform.scot/self-help-guides/self-help-guide-access-to-testing-for-coronavirus](http://www.nhsinform.scot/self-help-guides/self-help-guide-access-to-testing-for-coronavirus)

Remember that Deafblind Scotland is still here to help, please continue to contact us for information and support.

Phone: **0141 777 7774**

Text: **07715 421 377**

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