

Communication from Deafblind Scotland during the COVID-19 Pandemic

3 August 2021

Good news today when First Minister, Nicola Sturgeon, confirmed that Scotland will move beyond level 0 of COVID-19 restrictions from Monday 9 August 2021.

The changes will be:

All **venues** can open from 9 August.

Physical/Social Distancing is no longer required by law. People are still encouraged to continue to socially distance where it is possible to do so.

Face coverings will still remain in law as it is at the moment, they must be worn in all indoor settings, they can be removed once seated at a restaurant table or work desk etc.

Test and Protect will continue to trace and contact those who have been a close contact of a positive case, to advise on self-isolation.

There may still be **localised restrictions** put in place, if there is a local outbreak, which could include travel restrictions.

Continued **home working** is being advised.

Large scale events can return again, but for a short time they will still need to apply for permission.

A new **App** will be released in September, this will support people to hold proof of their COVID Status Certification, similar to a passport.

Travel rules will be relaxed, people who are fully vaccinated in the EU and US are allowed to travel to Scotland without quarantining.

Self-Isolation Changes

Adults with symptoms or who test positive will still be required to self-isolate and take a PCR test.

Adults who are identified as a close contact of someone with a positive COVID test will no longer be required to automatically isolate.

Instead if they are double vaccinated they should get a PCR test and can end isolation if they test negative.

Children under age 5 are encouraged but not required to take PCR tests.

Schools

For the first 6 weeks of the new school year social distancing and face coverings for staff and children aged 12 and older is to continue. Staff and pupils will also be required to take lateral flow tests regularly. This will be reviewed.

Vaccinations

Vaccine invitations are going well and are now being offered to 12-17 year olds who have additional health conditions.

There may be booster vaccinations in the Autumn, this will be confirmed nearer the time.

The First Minister encourages everyone to 'Be careful and sensible'

Continue to take precautions like washing hands regularly and make use of good ventilation when indoors.

Get the vaccine when you are offered it and get the 2nd 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

Digital Cafe

Learn basic technology skills in accessible technology. Why not bring along your own device and share your knowledge with others.

This will now take place on Wednesdays rather than Fridays as previously advertised in

the Activity Newsletter, starting 11 August at 10am to 12pm at Deafblind Scotland.

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

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