

# Clinical Matters

Covid – 19 - current protection level for Scotland update



Dear readers,

Welcome to Clinical Matters newsletter.

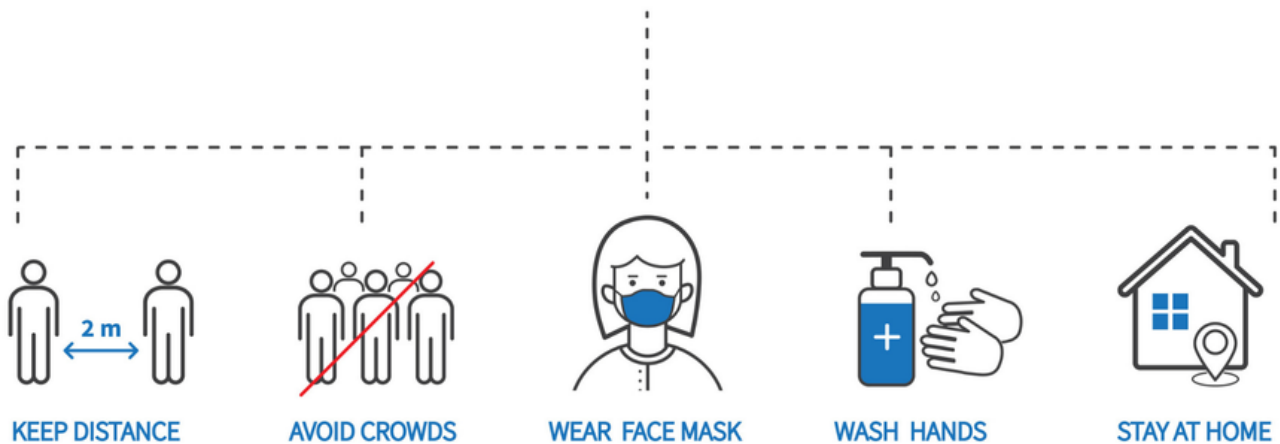
Each month we will cover a different topic. This month's update is on Covid – 19 - current protection level for Scotland update. Then, December's clinical update will be on the Management of falls in a care home. And remember "Students don't care how much you know until they know how much you care."

I hope you enjoy this update and find it informative. If you have any questions please feel free to contact myself at [clinicalnursingofficer@h1healthcare.com](mailto:clinicalnursingofficer@h1healthcare.com).

Kindest regards

**Javaid Shafi – Clinical Nursing officer.H1 Healthcare**

## Coronavirus in Scotland: Stopping the spread starts with all of us.



### What do the protection levels mean?

The Scottish Government has outlined a five-level approach, which is intended to allow restrictions based on specific indicators for an area, instead of a 'one size fits all' national approach. The five protection levels start at level 0, which is Phase 3 of the Scottish Government's Coronavirus (COVID-19) route map.

There are four levels above this which each contain a number of restrictions across a range of areas including socialising, hospitality, accommodation, travel, retail, education and leisure, which are intended to suppress the virus.

### Level 0 (baseline) and Level 1

Low incidence of the virus with isolated clusters and low community transmission. These levels still include some restrictions but are considered to be the closest to normality that will be possible without a vaccine or effective treatment in place.

## **Indoor - Outdoors**

8 people from 3 households

15 people from 5 households

6 people from 2 households

6 people from 2 households

## **Levels 2-3**

Increased incidence of the virus with multiple clusters and increased community transmission.

Under these levels, there will be several measures focusing on potential areas of risk. This includes indoor settings where household mixing takes place with less, or less well-observed, physical distancing and mitigations. The measures would be intended to be in place for relatively short periods (2-4 weeks), and only for as long as required to get the virus down to a low, sustainable level.

No in-home socialising, 6 people from 2 households outdoors and in public place.

## **Level 4**

Very high or rapidly increasing incidence and widespread community transmission which may pose a threat to the NHS to cope. This level will see the introduction of measures close to a return to full lockdown.

No in-home socialising, 6 people from 2 households outdoors and in public place

## Local authority area protection levels: These levels are reviewed weekly

Aberdeen City	Level 2	Aberdeenshire	Level 2
Angus	Level 3	Argyll and Bute	Level 2
Edinburgh (City of)	Level 3	Clackmannanshire	Level 3
Comhairle nan Eilean Siar	Level 1	Dumfries and Galloway	Level 2
Dundee City	Level 3	East Ayrshire	Level 3 <b>level 4 for 3 weeks from 6pm on 20 November</b>
East Dunbartonshire	Level 3 <b>level 4 for 3 weeks from 6pm on 20 November</b>	East Lothian	Level 3 <b>level 2 for 3 weeks from 6pm on 24 November</b>
East Renfrewshire	Level 3 <b>level 4 for 3 weeks from 6pm on 20 November</b>	Falkirk	Level 3
Fife	Level 3	Glasgow City	Level 3
Highland	Level 1	Inverclyde	Level 3
Midlothian	Level 3 <b>level 2 from 6pm on 24 November</b>	Moray	Level 1
North Ayrshire	Level 3	North Lanarkshire	Level 3 <b>to level 4 for 3 weeks from 6pm on 20 November</b>
Orkney Islands	Level 1	Perth and Kinross	Level 3
Renfrewshire	Level 3 <b>level 4 for 3 weeks from 6pm on 20 November</b>	Scottish Borders	Level 2
Shetland Islands	Level 1	South Ayrshire	Level 3 <b>level 4 for 3 weeks from 6pm on 20 November</b>
South Lanarkshire	Level 3 <b>level 4 for 3 weeks from 6pm on 20 November</b>	Stirling	Level 3 <b>level 4 for 3 weeks from 6pm on 20 November</b>
West Dunbartonshire	Level 3 <b>level 4 for 3 weeks from 6pm on 20 November</b>	West Lothian	Level 3 <b>level 4 for 3 weeks from 6pm on 20 November</b>

If you have any questions or queries please contact us and we'll be happy to help.

You can also keep checking the government websites for up to date information on the changing situation.

<https://www.gov.scot/collections/coronavirus-covid-19-guidance/>

<https://www.gov.scot/publications/coronavirus-covid-19-protection-levels/>

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Issue # 1

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