

## Another update during the COVID-19 health emergency



**Further update – for Sunday 13th September from Councillor Fraser Macpherson (West End) and Councillor Craig Duncan (Broughty Ferry)**

### NEW CONTACT TRACING APP

Protect Scotland is a free, mobile phone app designed to help us protect each other, reduce the spread of the virus and avoid further lockdowns.

The app will alert you if you have been in close contact with another app user who tests positive. And if you test positive, it can help in determining contacts that you may have otherwise missed while keeping your information private and anonymous. You can download it here: <https://protect.scot/>

### NEW LOCKDOWN RESTRICTIONS

We remain in phase 3 of lockdown restrictions as infection rates are too high and accelerating again. This will be the case for some time. The following changes apply from tomorrow, but you are encouraged to follow them now.

The maximum social gathering has reduced to 6 people from 2 households, indoors, outdoors and in hospitality venues. (children under 12 won't count to the limit of 6). This also applies to pubs and restaurants.

Exception to limit: Receptions for Weddings, funerals and civil partnership will be allowed for 20 people from different households in hospitality venues. Workplace, sport, exercise and activity guidance remains as before.

Hospitality- It will become mandatory to wear face coverings when you are moving around in a hospitality venue and not sitting at table. Staff in Hospitality venues will now have to wear masks.

There was no additional reopening of services or offices for the time being. 5th October is the new indicative date for the resumption of: Spectator sports, Theatres, indoor soft play and outdoor events

Call centres and non-essential offices will not be allowed to reopen until at least 1st October- when it will be reviewed again. Working from home remains the default for everyone who can.

<https://www.gov.scot/publications/coronavirus-covid-19-phase-3-staying-safe-and-protecting-others/pages/overview/>

## SHIELDING

If you have a mobile and NHS Scotland has your number you will receive a text message should the advice in your area change. You will be receiving a letter from the Chief Medical Officer to update you on current plans for those in this category, but there is no plan to reintroduce shielding at this time.

## GP SERVICES

Local health centres continue to be open but have changed the way they work. It is the preference to carry out a consultation online or on the phone as the hygiene and safety measures required for a physical consultation are considerable.

For more detail, this is the Scottish Government guidance

<https://www.gov.scot/publications/coronavirus-covid-19-outpatient-and-primary-care-consultations-principles/>

## TRAVELLERS

Travellers from Hungary and La Réunion will be required to self-isolate at home or another specified address for 14 days on arrival in Scotland from 4am yesterday (12th September).

<https://www.gov.scot/news/further-quarantine-measures-introduced-for-travellers-1/>

## INFORMATION

UK Government news: [www.gov.uk/search/news-and-communications](http://www.gov.uk/search/news-and-communications)

Scottish Government Updates: [www.gov.scot/news](http://www.gov.scot/news)

Dundee City Council updates: [www.dundee.gov.uk/coronavirus-covid-19](http://www.dundee.gov.uk/coronavirus-covid-19)

NHS

Inform

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<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>

NHS Tayside website: [www.nhstayside.scot.nhs.uk](http://www.nhstayside.scot.nhs.uk)

Helpline for those who do not have symptoms but are looking for general health advice Tel: 0800 028 2816.

Health Protection Scotland Guidance –  
[www.hps.scot.nhs.uk/a-to-z-of-topics/covid-19](http://www.hps.scot.nhs.uk/a-to-z-of-topics/covid-19)

Federation of Small Businesses: [www.fsb.org.uk/coronavirus](http://www.fsb.org.uk/coronavirus)

Helpline for small businesses, Monday to Friday, 8.30am to 5.30pm. Tel: 0300 303 0660.

Ready Scotland Information – [www.readyscotland.org/coronavirus](http://www.readyscotland.org/coronavirus)

Tayside Cares – [www.taysidecares.co.uk](http://www.taysidecares.co.uk)

#### SUPPORT AND ADVICE

This has been an anxious and uncertain time but we want you to know that we are here to try to help constituents in whatever way that we can.

#### CONTACT DETAILS

WEST END WARD – Bailie Fraser Macpherson

Phone – Dundee 459378 (home)

E-mail – [fraser.macpherson@dundeecity.gov.uk](mailto:fraser.macpherson@dundeecity.gov.uk)

Facebook updates : [www.facebook.com/dundeewestend](http://www.facebook.com/dundeewestend)