

## Latest update during the COVID-19 health emergency

# COVID-19

## Information updates from Councillors Craig Duncan and Fraser Macpherson

**Further update – for Sunday 4th October from Councillor Fraser Macpherson (West End) and Councillor Craig Duncan (Broughty Ferry)**

### FLU VACCINE ADVICE

NHS Tayside is encouraging members of the public in at-risk groups, as well as health and social care staff, to take up the offer of a free flu vaccination.

The seasonal flu vaccination programme has now launched and NHS Tayside will be offering those who are most at risk the opportunity to protect themselves from flu.

- People aged 65 and over, adults with a long-term health condition such as heart, lung or kidney diseases, unpaid carers, and those living with someone who was previously shielding should contact their GP to book an appointment. This year's flu vaccinations will be delivered in a variety of settings, so your appointment may not take place in your own practice.
- Primary school pupils will be offered the flu vaccination at their school, while parents of children aged 2-5 who are not yet at school, and young people aged 12-18 with a long-term condition should contact 01307 475240 to book an appointment.
- Pregnant women can access immunisation through their midwife.
- All NHS Tayside staff and frontline social care workers are also strongly

encouraged to take up the offer of a flu jab to protect themselves and vulnerable people who may be more likely to suffer complications from flu. Staff will be made aware of opportunities to get vaccinated in healthcare settings, care homes and at community pharmacies across Tayside.

The second phase is planned to begin in December and will include those aged 55 to 64 (by 31 March 2021) who would not usually be eligible.

## CARE HOME VISITS

We support the right of families to safely visit residents in care homes. Find out more about what is needed here:

[https://www.scotlibdems.org.uk/care\\_visitors](https://www.scotlibdems.org.uk/care_visitors)

## STUDENT ADVICE

New guidance encourages students to remain on campus if they are able to do so. This guidance covers where students are isolating and require support to allow them to comply with the requirement to self-isolate. The household students are returning to are asked to also self-isolate and states that public transport should not be used.

<https://www.gov.scot/news/student-accommodation-guidance-on-visits-home/>

## STUDENT CAMPAIGN

We have proposed five measures to help support and protect students following the outbreaks at many universities.

[https://www.scotlibdems.org.uk/student\\_catastrophe](https://www.scotlibdems.org.uk/student_catastrophe)

## NEW GRANT FOR THOSE SELF ISOLATING

People on low incomes will be eligible to receive a new £500 grant if asked to self-isolate. The new Self-Isolation Support Grant will help those who would lose income if they need to self-isolate, such as those unable to carry out their work from home.

This grant is for those who will face financial hardship and will be targeted at people who are in receipt of Universal Credit or legacy benefits, with some discretion to make awards to others in financial hardship.

Applications are due to open from 12th October and will be delivered through the existing Scottish Welfare Fund, which is administered by local authorities.

<https://www.gov.scot/news/new-grant-for-those-self-isolating/>

## PARENT AND BABY GROUP LIMITS

There has been a lot of concern about the limit of five adults at a time for parent and baby groups.

Our colleague Alex Cole-Hamilton MSP raised this directly with the First Minister in Parliament. She agreed to ask the Chief Medical Officer to look at greater flexibility for group sizes.

<https://www.facebook.com/watch/?v=399346058130217>

## QUARANTINE COUNTRIES

Travellers arriving in Scotland from Turkey, Poland and the Caribbean islands of Bonaire, Sint Eustatius and Saba must quarantine on arrival.

They are required to self-isolate at home, or another specified address, for 14 days from 4am yesterday – Saturday 3rd October.

Those arriving from the Azores and Madeira no longer need to quarantine.

<https://www.gov.scot/news/quarantine-rules-imposed-on-travellers-from-further-destinations/>

## 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

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