

Coronavirus – today's figures

The latest figures for today detailing the number of people diagnosed with Covid-19 in the last 24 hours have just been announced today by the First Minister, Nicola Sturgeon, 6 November 2020.

The First Minister set out that the review of the current levels of restrictions which are in force in Scotland will take place on Tuesday. She will address parliament on any alterations then, backing those with reasons behind the decisions.

Further countries have been added to the quarantine list. Anyone travelling from Denmark as at 12.30pm today, and from Germany and Sweden from 4am on Sunday morning will require to self-isolate for 14 days on their arrival in Scotland.

Ms Sturgeon also commented on travel more generally. She said: "Now, before I cover this point, let me just repeat that the Scottish Government's very clear advice right now is that people should not travel to other parts of the UK unless that is for essential purposes. However, we recognise that some people will have an essential reason to do so. That might be related to work, or education, or it may involve caring responsibilities. And so it is really important that our Test & Protect system is able to take account of that."

She continued: "Today I can confirm that the English and Welsh app has now also been updated and joined the NHS Scotland server. That means if you have to travel to any other part of

the UK, Jersey and Gibraltar, you can keep using the Protect Scotland app. You don't have to deactivate it and download the app for the particular part of the UK you are in. You will be notified if someone you are in close contact with gets Covid and enters that into their app, even if that is the app of one of the other countries" The First Minister also confirmed that discussions are underway to ensure that our app will work in other parts of Europe too, and she urged everyone to download the app if they can.

As an aside when we were at Leith Theatre this morning the Registry Office there is currently being repurposed as a Walk-in Covid-19 testing centre. It looks as though it should be open within a week or two.

The figures in Scotland as at 6 November 2020 are as follows:

The number of new cases of Covid-19 reported in Scotland today – **1,072** new cases yesterday which is **5.5%** to the total number of tests of which **112** were in Lothian.

The total number of confirmed cases in Scotland is now **70,732**

Number of people in hospital with recently confirmed Covid-19 – **1,237** which is a decrease of **15** since yesterday

Number of people in Intensive Care Units in Scotland – **98** which is **3** more than yesterday

The number of deaths reported today of people who have tested positive within the last 28 days is 31. The number of deaths under this

measurement is 2,997.

National Records of Scotland [announced](#) their weekly figures on Wednesday which state that the total number of Covid-19 related deaths to 1 November 2020 is **4,649**.

You can also see the latest numbers laid out visually on the Travelling Tabby website [here](#). It is updated at 3pm daily.

[su_spoiler class="my-custom-spoiler" title="Socialising in Level Three areas"]

Meeting others indoors

You should not meet anyone who is not in your household indoors in your home or in their home. This applies to all age groups 12 and over. You can meet another household indoors in a public place such as a café or restaurant. The maximum number of people who can meet indoors in a public (not a home) place are 6 which can be from up to 2 separate households.

Children under the age of 12 from these households do not count towards the total number of people counted in a gathering.

Where an individual household includes more than 6 people, they can nevertheless meet as a single household even if the total number of people exceeds 6.

When you meet people from another household indoors you should:

minimise the number of meetings you have with people from other households each day

stay at least 2 metres apart from anyone who is not part of your household, unless in a public venue that is operating 1 metre distancing with additional measures being in place to avoid transmission.

maintain hand and cough hygiene

avoid touching hard surfaces with your hands
wash your hands when you arrive, when you leave, when you get home and especially before eating or after touching surfaces
not share food or utensils – if eating, each household should bring, prepare and eat its own food separately
if possible, keep rooms well ventilated – consider opening windows or a door

Those at a higher risk of severe illness from coronavirus (including those who had been shielding, people 70 and over, people who are pregnant and people with an underlying medical condition) should strictly follow the physical distancing guidance.

Meeting others outdoors

You can meet people from other households outdoors in a private garden or in a public place such as a park or an outdoor area of a pub. The maximum number of people who can meet outdoors is 6 which can be from up to 2 separate households.

Children under the age of 12 from these households do not count towards the total number of people counted in a gathering. Children under 12 do not need to maintain physical distance from others. This is to allow children under 12 to play with their friends outside.

Young people aged between 12 and 17 can meet up in groups of up to 6 at a time outdoors and are not subject to the 2 household limit. Physical distancing is required.

Where an individual household includes more than 6 people, they can continue to meet outside as a household even if the total number of people exceeds 6.

You should:

minimise the number of meetings you have with people from other households each day
stay at least 2 metres away from anyone who is not part of

your household

maintain hand and cough hygiene

avoid touching hard surfaces with your hands

wash your hands when you arrive, when you leave, when you get home and especially before eating or after touching surfaces

not share food or utensils – if eating, each household should bring, prepare and eat its own food separately

if possible, keep rooms well ventilated – consider opening windows or a door

Those at a higher risk of severe illness from coronavirus (including those who had been shielding, people 70 and over, people who are pregnant and people with an underlying medical condition) should strictly follow the physical distancing guidance.

Going into someone else's home

If you are meeting people from another household in their garden and the gathering exceeds 6 people, you should only go into their house to:

access the garden – do so quickly and without touching anything

use the toilet – avoid touching surfaces with your hands as much as possible, wipe any surfaces that you do touch with antibacterial wipes, wash your hands thoroughly, dry your hands with a freshly laundered towel or a paper towel, which you should dispose of in a closed bin.

If members of another household are going to visit you and might need to use your toilet, you should ensure appropriate cleaning materials are available. You should also provide either a hand towel for each visiting household or paper towels and a safe disposal option.

Extended households

People who live in different places can form an “extended household” in the following circumstances:

People who live alone□□□□

If you are an adult and you live alone, or if all others in your household are under 18, you, any children who live with you, and the members of one other household (of any size) can agree to form an 'extended household'. This will allow people who live alone (or those living only with children under the age of 18) to be considered part of another household in order to reduce loneliness, isolation and to provide mutual social support.

Couples who do not live together

Two adults are in a relationship and they do not live together they, and any children they each live with, can agree to form an 'extended household'.

However, if one member of a household gets coronavirus, there is a strong likelihood that other members of that household will also catch it. For this reason, there are some important rules that extended households should follow to remain as safe as possible:

a household must not form an extended household with more than one other household

households can end the arrangement at any time, but should not then form an extended household with a new household for at least a 14-day period.

All the adults living in both households should agree to form the extended household. We also encourage parents or guardians to involve their children in discussions. Forming an extended household is an important decision that should be properly discussed and agreed beforehand. Physical distancing between members of an extended household is not required

Once two households have agreed to form an extended household they may meet outdoors or indoors, visit and stay at each other's homes, and do everything that people in other households can do, such as watch TV, share a meal and look after each other's children.

Members of an extended household are considered to be one household for the legal requirements on meeting other

households and going outside, and for the guidance in this document about seeing friends and family and about exercise and leisure activity.

You can continue to interact with members of your extended household even if they live in a different area with a different Level of protective measures.

If someone in the extended household develops COVID-19 symptoms, to avoid spreading the virus all members of the extended household must isolate immediately if they met the symptomatic person at any time between 2 days before and up to 10 days after their symptoms started.

If the symptomatic person tests positive, all members of their direct household must isolate for 14 days from the start of symptoms. Similarly, other members of the extended household must isolate for 14 days from when the most recent contact took place. Isolate means staying in your own home for the full 14 days.

Those at a higher risk of severe illness from coronavirus (including people over 70, people who are pregnant and people with an underlying medical condition) may take part in an extended household arrangement, but should strictly follow the handwashing, surface cleaning and respiratory hygiene guidance on the NHS Inform website.

Shared parenting

Where parents do not live in the same household, children can move between their parents' homes in all levels, this includes both supervised and unsupervised visitation.

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[su_spoiler class="my-custom-spoiler" title="Hospitality in Level Three Areas"]

Restaurants, cafes, pubs and bars can open indoor and outdoors

for the consumption of food and non alcoholic drinks. Alcoholic drinks cannot be served. Last entry is 17:00 and all venues must be closed and all customers off the premises by 18:00.

The maximum number of people you can meet indoors and outdoors in a restaurant, café, pub or bar is 6 which can be from up to 2 separate households.

Children under the age of 12 from these households do not count towards the total number of people meeting outdoors only.

Where an individual household includes more than 6 people they can continue to meet as a household in hospitality premises, although the venue may impose a smaller group limit.

Table service and the wearing of face-coverings (unless exempt) when not seated by all customers is mandatory in all hospitality venues. When meeting people from more than one other household, you should think beforehand about what size of table you will need to keep physically distanced between members of your group. The venue you are visiting should be able to advise you of booking options.

You will be asked by to provide your contact details for Test and Protect purposes This information is retained for 21 days with a view to sharing with Test and Protect Teams, if required.

Hospitality venues are required to put in place additional measures to minimise transmission of COVID-19. For example hand sanitiser stations and adequate ventilation. There will also be signs to inform customers whether the venue is in a 2 metres or 1 metre social distancing area.

You should stay at least 2 metres apart from people from other households at all times, unless the venue is operating 1 metre distancing due to additional measures being in place to avoid

transmission. Physical distancing and good hand hygiene remain the most effective measures in reducing the transmission of COVID-19. Therefore, distancing requirements need to be maintained, where reasonably practicable, at all times, including when waiting to enter premises and when seated.

You should avoid visiting multiple hospitality premises on the same day. In particular, do not visit more than one pub or bar on the same day, as this increases the risk of transmission.

Takeaways can still operate as normal, provided food and drink is sold for consumption off the premises. Face coverings and physical distancing rules must be followed.

Hotels and other accommodation providers can still serve food to guests staying in their premises up to 22:00. Room service, including alcohol, is allowed as normal.

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Remember **FACTS** for a safer Scotland

F

Face coverings



A

Avoid crowded places



C

Clean your hands regularly



T

Two metre distance



S

Self isolate and book a
test if you have symptoms



nhsinform.scot/coronavirus
#WeAreScotland

