

1. Why is Aberdeen going into lockdown?

We are placing some restrictions on the area of Aberdeen City due to an increase in numbers of people testing positive with covid-19 in the Aberdeen area . . . The increase in cases has mainly been in Aberdeen City, however the nature of travel in the North East has identified a potential risk across a wider area. We are therefore providing guidance to those who could be highest at risk.

2. Should I go back into shielding?

We are not advising people to start shielding again. It is however important to consider the number of people you are in contact with, and be particularly vigilant about following public health guidance on physical distancing and hygiene measures. If you have been in contact with anyone who tests positive, you will have already been contacted through the test and protect service and should therefore be isolating.

3. Why am I not being advised to shield?

We know this might be a particularly anxious time for you if you were previously asked to shield. The clinical advice is that you do not need to shield. However, we are keeping the situation under constant review and will not hesitate to change our advice if we think we need to.

4. What about Schools - they are due to go back next week?

We are restricting the hospitality sector and taking other measures in order to support the opening of schools. It is vital that these measures are followed in order to ensure that schools can open from next week. As we have not changed our advice to shield, children who are shielding should still be able to return when schools reopen – though, as with all our shielding advice, we will keep this under review.

5. Will this affect the re-opening of schools?

No. One of the purposes of these measures is to ensure that schools are able to reopen in full from the start of term.

6. Is it still safe for me to go back to work?

Our assessment of the evidence is that we do not yet need to change our advice to those coming out of shielding on going back to work. However, we continue to urge all employers to support staff to work from home wherever possible, and we urge employers to take particular account of those who were shielding, especially now when we are urging vigilance.

7. I'm concerned about these cases; what should I do?

Remember the FACTS advice and most importantly follow it stringently.

Always wear a face covering in shops and public transport etc. Avoid crowded places. Clean your hands regularly. Keep a 2 meter distance from people outside your household. If you do have symptoms self-isolate and arrange to get tested immediately so that anyone you have been in contact with can be looked after as well.

8. What other restrictions are being made?

In order to prevent the further spread of the virus, if you are in Aberdeen City you should not meet people who are not in your household indoors – that includes in your house. This will help to reduce contact with others and stem the spread of the virus.

All hospitality services will be closed in the Aberdeen City Area from 1700 hours 5<sup>th</sup> August 2020 until further notice.

We are also requesting that people in the Aberdeen City area consider only essential travel with the exception of normal work travel, should be restricted to 5 miles in the coming week. We will not want to impose this restriction for longer than is necessary but the spread of these cases needs to be controlled.

**The national COVID-19 helpline puts people in contact with their local authority. You can call 0800 111 4000 for free. It is open Monday to Friday, 9am – 5pm. The helpline will remain open even now shielding has paused.**