

# Covid-19 Update from the First Minister

– Friday 10<sup>th</sup> December 2021



People First  
(Scotland)



First Minister Nicola Sturgeon updated on the Omicron variant and Covid19 rules.



The Omicron variant is a new type of Covid19.

The Omicron variant is spreading very quickly.



The First Minister changed some rules to slow the spread of the Omicron variant.

The changes are explained below.



Everyone should avoid meeting groups of people when it isn't needed. For example, it is recommended that Christmas parties are cancelled and people work from home.



If you have support or can do it yourself, you should do a Lateral Flow Test (LFT) before meeting people who aren't in your household or bubble.



**If someone in your home has Covid,** then everyone from the household must isolate for 10 days.

People should still isolate even though they are vaccinated.



**If you've had contact with a Covid positive case but you don't live with them,** you can leave isolation if you have had two vaccines and after a negative PCR test.



Continue to **wash your hands often** and to clean surfaces that others may use. For example, desks or tables.



Remember to **wear a facemask** in **indoor public places** and on **public transport**.



Keep a **safe distance** from people not in your household, especially indoors.

The greater the distance the greater the protection.

Meet outdoors if possible.



Get the vaccine and booster when you are offered it.



You can find out more on the Scottish Government website:

[www.gov.scot/coronavirus](http://www.gov.scot/coronavirus)



You can also phone the Scottish Government's Coronavirus helpline on **0800 111 4000** (open Monday to Friday, 9am to 5pm).



If you are worried you can ask someone you trust like a family member or your support worker.

The office number for People First (Scotland) is **0131 478 7707** (open Monday to Friday, 9am to 5pm).



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