

# CORONAVIRUS (COVID-19) UPDATE

Information sheet, brought to you by the East Dunbartonshire Public, Service User and Carer (PSUC) representatives group

## EAST DUNBARTONSHIRE INFORMATION

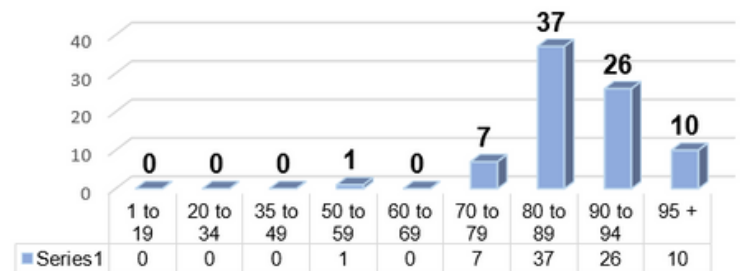
### East Dunbartonshire (Covid - 19) Update

The latest statistics from Scottish Government, dated up to 5 July 2020 (week 1 week 27 of the pandemic) show that 516 East Dunbartonshire residents had tested positive for Covid 19 infection and that, unfortunately, 137 local people have died as a consequence of the pandemic virus.

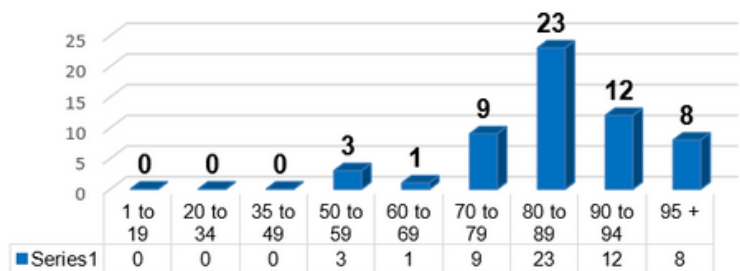
The East Dunbartonshire Public, Service User and Carer (PSUC) group thank the local residents, Patients, Service Users and Carers, who, for the most, have responded quickly and positively to the Scottish Governments lockdown requests and observed socially distancing. These individual and collective efforts have helped to keep the spread of this virus to a relatively low rate and we ask that you continue to follow the advice and guidance issued by the Scottish Government.

The graphs on the right gives a breakdown of Covid 19 deaths in East Dunbartonshire. by sex and age.

Week 27 Covid-19 East Dunbartonshire deaths.  
(Female by age group) National Records Scotland



Week 27 Covid-19 East Dunbartonshire deaths.  
(Male by age group) National Records Scotland



Please note the information in the above graphs can be accessed by clicking on the link below.

- [www.nrscotland.gov.uk/statistics and data](http://www.nrscotland.gov.uk/statistics-and-data)

## SHEILDING UPDATE

The Scottish Government are asking people in the shielding group to take extra steps to reduce their risk of catching coronavirus.

Their advice is to keep shielding until at least **31 July 2020**; and in so doing:

- stay at home as much as possible
- avoid going places that are indoors
- only leave home to be active or meet with people from another household outdoors
- keep 2 metres away from everyone, even people from the same household, and;
- Before going outside, [read the guidance on how to stay safe outdoors](#).

Caroline Sinclair (Interim Chief Officer of East Dunbartonshire HSCP) strongly urges those who are shielding within East Dunbartonshire, to remain safe and well and to follow the above advice.

# CARERS INFORMATION

## CARE HOME VISITING

If the person you care for lives in a care home, from July 3 2020 one designated visitor can visit them. Please check with the care home before you go, as care homes have been given the option on whether to open to visitors, and that:

1. The care home has been covid free for / or fully recovered as agreed by Public Health for 28 days from last symptoms of any resident.
2. Visitors maintain a 2 metre physical distance
3. Staff and visitors must wear PPE
4. Hands are washed / sanitised
5. A strict cleaning regime is in place (in the care home)

If you need PPE equipment to enable you to visit your loved one you can access this through Carers Link, by either emailing [enquiry@carerslink.org.uk](mailto:enquiry@carerslink.org.uk) (with PPE in the title) or call Carers Link on **0800 975 2131**. You can find out more about the Scottish Government advice by clicking on the link here: [Gov.Scot/Covid-19-Adult-Care-Homes-Visiting-Guidance](https://www.gov.scot/Topics/Health/Infectious-diseases/COVID-19/Adult-Care-Homes-Visiting-Guidance)

## WHAT'S ON

The East Dunbartonshire Public, Service Users and Carers (PSUC) group encourages you to keep 'Body & Mind' active during this time by participating in some of the following opportunities, all of which are free and can be accessed from the comfort of your home on a laptop, tablet or smartphone device.

- Carers Link East Dunbartonshire have produced a number of podcasts on various subjects, these can be accessed by clicking the link here: [CARERS LINK PODCASTS](#)
- Would you like to improve your positivity and wellbeing? Dr Laurie Santos, a Yale University professor has started the Happiness Lab. It takes us through the latest scientific research and shares stories on how we regard happiness and what it is we feel we need to be happy. Listen to her podcasts here: <https://www.happineslab.fm/>
- Come to the Kelburn House Party! In lieu of the annual festival, the team behind Kelburn Garden Party host an online shindig featuring musicians and artists slated to perform at the 2020 festival, including Bombskare, Elektrikal Sound System, Kapil Seshasayee and Free Love. The event will be streamed via Zoom, YouTube, Twitch and Facebook Live. Go to <http://www.kelburngardenparty.com/> for more info.



## YOUR VIEWS ARE SOUGHT ON VIDEO CONSULTING – NEAR ME

People in Greater Glasgow and Clyde are being asked to complete a survey and give their views on how health and care services might be delivered remotely in the future. The use of video consultations in Scotland has rapidly escalated since the COVID-19 pandemic started.

The Scottish Government team is looking for feedback to find out what people think about the Near Me services, which uses the Attend Anywhere platform to deliver video consultations. The survey will cover a range of information including system capability and how it might be improved for the future. Right click to take part: [SURVEY HERE](#)