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These are challenging times – probably the most challenging many of us in Scotland have ever faced. However we are in it together and we'll get through it together.

I don't underestimate how difficult this has been or continues to be. From the disruption to home, school, work and social life arising from lockdown, to the economic pressures for businesses and citizens, to the worry and heartache of illness and, tragically for some, bereavement. The impact of COVID-19 reaches each and every one of us.

Yet together, we have the power to get us through the crisis. Because there is a role for everyone in helping to stop the spread of the virus: the essential workers and volunteers keeping Scotland moving; those in our NHS and in social care, looking after us; even those at home can play their part by following the guidelines and staying at home.

I know as time goes on these restrictions can become frustrating. We all miss seeing friends and family, or visits to the coast and the countryside. However, these measures are essential for beating the spread of the virus. Follow them and you're part of our collective effort to look after our most vulnerable people, protect our NHS and save lives. It really is that important. This is not forever – the restrictions will be lifted as soon as it safe to do so. On the back of this letter you can find a helpful explanation about what to do if you or someone in your household has symptoms.

I also understand this crisis is taking its toll in other ways. So, we're working hard to provide the support and advice that individuals, families and communities need at this time – for anyone worried about their mental or physical health, staying safe in difficult circumstances, dealing with financial worries or those who wish to volunteer safely. Find out more in the enclosed leaflet.

We will get through it. The time will come when normality returns: shops and businesses will reopen; we'll meet up freely with friends and family; we will reflect on contributions made; we will be able to properly mourn those lost. Right now, however, as I write this letter, our focus as a country remains on staying the course – and I'm confident we will do that.

People across Scotland have always shown determination, character and compassion when it matters most. By tapping into that spirit once again, following the rules and looking out for each other, we'll come through this stronger.

Yours sincerely,

Nicola Sturgeon
First Minister of Scotland



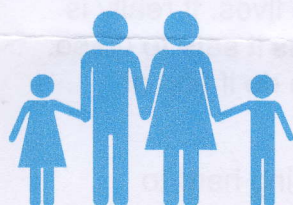
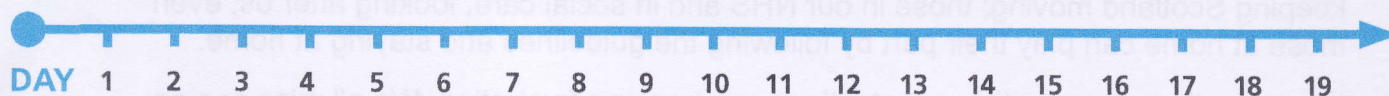
What to do if you or someone in your household has symptoms



If you have symptoms and live alone

If you start having coronavirus symptoms, even mild ones, you must not leave your home for 7 days from that point.


7 DAYS ISOLATION



If you have symptoms and live with others

If anyone in your household has symptoms, the rest of the household must not leave the home for 14 days to avoid spreading the virus. If those with symptoms feel better after 7 days and don't have a temperature, **they can return to social distancing measures**. All other family members who have not had symptoms **need to isolate for the full 14 days**.


14 DAYS HOUSEHOLD ISOLATION

If you develop symptoms during the 14-day period

It is likely that people within the same household will infect each other. If those with symptoms feel better after 7 days and don't have a temperature, **they can return to social distancing measures**. All family members who have not had symptoms will need to **isolate for the full 14 days**.




7 DAYS ISOLATION

Even if you develop symptoms late in the 14-day period

Should a household member develop coronavirus symptoms late in the 14-day household isolation (e.g. day 13 or 14), that person must not leave the home for 7 days. **This doesn't extend the 14-day period for others**.




7 DAYS ISOLATION

CORONAVIRUS

**STAY HOME
PROTECT
THE NHS
SAVE LIVES**

If your symptoms worsen or have not improved in 7 days, phone 111. For the latest guidance on social distancing and isolation advice go to nhsinform.scot/coronavirus