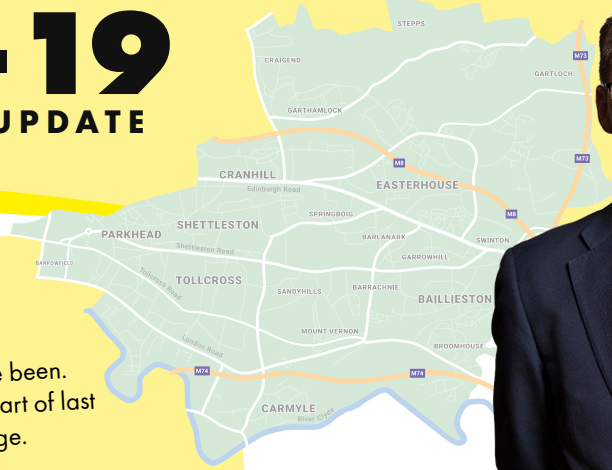


GLASGOW EAST COVID-19 UPDATE

JANUARY
2021



Dear constituent,

I know how tough these past months have been. None of us could have predicted at the start of last year just how much our lives would change.

I'm producing this Covid-19 update to provide you with updates about where we are in terms of the pandemic and other useful information.

I know that as time goes on things seem to be getting more difficult. Please know that there is light at the end of the tunnel. Although things seem bleak, vaccines offer us a way out of this crisis. We are entering the beginning of the end of the pandemic. Times will get better.

Remember that help is there if you need it. That includes from me as your local MP. Please feel free to get in touch if there's anything I can help with.

USEFUL CONTACTS

NHS inform coronavirus helpline	0800 028 2816
Shielding/Self-isolation helpline	0800 111 4000
Glasgow Council Shielding helpline	0141 276 1185
Glasgow Helps Community Hub	0141 345 0543
Parkhead CAB	0141 554 0004
Easterhouse CAB	0141 771 2328
Universal Credit helpline	0800 328 5644
Scottish Women's Aid	0800 027 1234
Breathing Space	0800 83 85 87
Samaritans	116 123
Scottish business support	0300 303 0660
HMRC	0800 024 1222



LOCKDOWN
STAY AT HOME

Tough new rules are now in force across Scotland, with similar measures in place across the UK. These are necessary in order to urgently action to bring the virus under control. A new strain of the virus has caused infection rates to soar in the South East of England and fast action had to be taken to prevent our NHS becoming overwhelmed.

The new measures will make it a legal requirement to stay at home unless there is a reasonable excuse for leaving such as essential shopping, education, childcare or to support the vulnerable. Everyone must now work from home where they can.

In addition, a maximum of two people from up to two households are able to meet outdoors. Children aged 11 and under are not counted in that limit.

All schools to continue to use remote learning until the end of January, except in the case of vulnerable children and those of key workers.

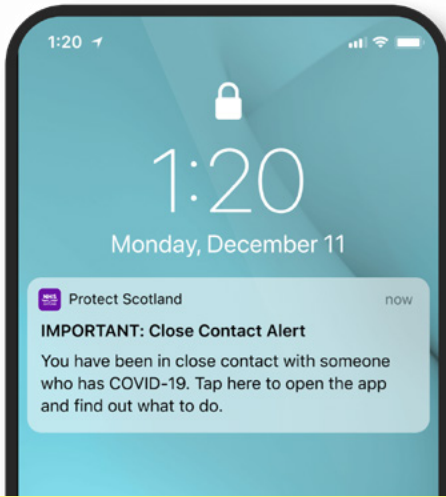
For more information on the new rules, visit:
www.gov.scot/news/scotland-in-lockdown



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PROTECT SCOTLAND

The Protect Scotland app from NHS Scotland's Test and Protect is a free, mobile phone app designed to help us protect each other and reduce the spread of coronavirus.

The app will alert you if you have been in close contact with another app user who tests positive for coronavirus. And if you test positive, it can help in determining contacts that you may have otherwise missed while keeping your information private and anonymous.

Using the Protect Scotland app, along with sticking to current public health measures, will help us all stay safe and help to stop the spread of coronavirus. If you have a smartphone, please download it today. For more details, visit: www.protect.scot

VACCINE ROLLS OUT

The approval of two vaccines for use in the UK provides us all with real hope that a return to normality is near. The aim now in Scotland is to vaccinate as many people with their first dose as quickly as possible, working through a priority list of those most at risk from serious illness and death from COVID-19. The Scottish Government hopes to accelerate its vaccine rollout programme if supplies allow. The target is to vaccinate everyone over the age of 50 and younger people with underlying health conditions by the start of May 2021. If this target is met, around half of the population of Scotland will have been vaccinated by that point, with the rest of the adult population then being offered the jab thereafter.



If you are eligible to receive the jab, you will be contacted by your health board in due course. These are early days in the vaccination programme, but we are on the road to better days ahead.

HERE TO HELP

Since the beginning of the pandemic, my office has dealt with thousands of constituent cases and enquiries. Many people have found themselves in difficult circumstances, some for the first time in their lives. Where I can, I'll do my best to help. My regular face-to-face advice surgeries aren't running, but I'm still available for phone or video surgeries. Please do get in touch to book in.



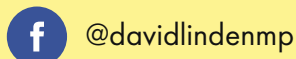
REMEMBER FACTS FOR A SAFER SCOTLAND

- 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 

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