



T: 0300 244 4000

E: scottish.ministers@gov.scot

The Presiding Officer  
c/o The Chamber Desk  
Room G10  
Scottish Parliament  
Edinburgh  
EH99 1SP

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Dear Presiding Officer

## **RESTRICTIONS IN GREATER GLASGOW & CLYDE and LANARKSHIRE HEALTH BOARD REGIONS**

I am writing to advise you that, following a National IMT meeting on Friday 25<sup>th</sup> September and discussion with senior Scottish government clinical leads, it was agreed to remove the local restriction applying to the above health boards requiring contacts of contacts (not index cases) to self-isolate for 14 days.

This results in revision to the current inclusion criteria on self-isolation from;

- inclusion of all contacts of contacts to
- a local risk assessment approach by the NHS board IMT for inclusion of contacts of contacts at discretion e.g. in University Halls of residence, HMO or closed settings

A sub-group of the N-IMT met on 24<sup>th</sup> September to consider this particular restriction. The subgroup considered the available information from examination of data from Public Health Scotland's Case Management System and other sources, to assess what contribution the policy of asking those who are self-isolating as contacts of contacts has made. There is little information from within CMS to demonstrate the utility of this part of the policy recommendation though the team acknowledged the limitation of CMS for this purpose.

In a small number of cases there are examples of complex settings where this may have made a difference but in which impact has been limited by symptomatic individuals continuing activity which should not have occurred if they followed existing guidance.

The subgroup made the following recommendation.

1. Rescind the current recommendation on the routine self-isolation of contacts of contacts within those boards with local special measures and

2. Replace this with a recommendation that each NHS board consider whether self-isolation of contacts of contacts would be implemented for specific circumstances e.g. University halls of residence, HMO settings, closed settings where appropriate.

### **Care homes and hospitals**

Restrictions relating to visits to care homes and hospitals as detailed below remain in place. These restrictions mean that people living in the relevant local authority areas are restricted to visiting patients or residents in any hospitals or care homes – even elsewhere – for essential reasons only.

- Indoor visits to any hospitals and care homes should be limited to essential visits only to protect the most vulnerable.
- Outdoor visits to care homes are permitted by three people from a maximum of two households, in line with current guidance.

Hospital visiting will be restricted to the lockdown visiting rules and will be limited to:

- A birth partner supporting a woman during hospital visits
- for a person receiving end-of-life care
- to support someone with a mental health issue such as dementia, a learning disability or autism where not being present would cause the patient to be distressed
- to accompany a child in hospital

I am sending copies of this letter to the Convenors of the COVID-19 Committee and the Health and Sport Committee.

Yours sincerely

**John Swinney**  
**Deputy First Minister and Cabinet Secretary for Education and Skills**