

Gregor Smith, CMO
Fiona McQueen, CNO
Jason Leitch, NCD

Cabinet Secretary

cc. First Minister

HEALTH AND SPORT PORTFOLIO CONTRIBUTION TO PROPOSED NATIONAL PACKAGE OF MEASURES TO REDUCE R

1. We provided you with our initial advice earlier today. We have taken the opportunity to consider the emerging data and modelling and on that basis we are of the view that we need to strengthen our position.
2. In particular we believe that if we are to protect schools, the most at risk and our NHS, we will require more decisive action in the hospitality sector and introduce travel restrictions.
3. The measures recommended are aimed at reducing R below 1 and on reducing direct covid-19 related health harms and not broader public health harms. We continue to take separate measures to protect the most at risk.
4. With our best estimate that R_t is 1.4, we will need to confirm that these measures are sufficient to achieve our aim of reducing R to below 1. As we previously indicated we must err on the side of caution and see $R = 0.7-0.8$. That will require a significant package of countermeasures.
5. We believe that these measures may have to be in place for at least 12 weeks. That will rely on an assessment of whether they have dampened any winter effect and the best estimates on arrival of initial Covid vaccine. Given that timeframe we should be looking ahead to consider the impact on Christmas in particular.
6. We remain of the view that a “fire break” amounting to a general stay at home order may be required to be implemented quickly if our recommended measures do not have the desired effect. We do not propose at this stage a planned “fire break” during the October school holidays but such a step may be required. With or without a “fire break”, we may have to consider tightening travel restrictions further during that period to reduce circulation of virus.

Core public health measures to reduce R below 1 (21/09/20)

- Strengthen FACTS and other public health messaging including work from home, limit unnecessary domestic and foreign travel.
- Restrict all domestic indoor interaction to single (inc extended) households.
- Restrict all outdoor interaction to no more than two households (“6 from 2”) with household interactions limited to two per day.

- All household members of known contacts to self-isolate.
- “6 from 2” rule in all hospitality selling food but not selling or serving alcohol (e.g., cafes and restaurants can open but no alcohol).
- All hospitality serving or selling alcohol closed (inc outdoor).
- Decisive action by all relevant agencies on compliance inc incentives and enforcement. That includes enforcing 1m plus distancing in remaining hospitality with enhanced support from EHOs and police.
- Restrict non-essential travel to 30 mile limit with no non-essential car sharing.
- Introduce a “protecting the NHS, preserving care” message to underline seriousness of situation.

7. We invite you to note this revised advice.

Dr Gregor Smith, CMO
Professor Jason Leitch, National Clinical Director
Professor Fiona McQueen, Chief Nursing Officer