



Nicola Sturgeon



Nicola Sturgeon
@NicolaSturgeon

MSP for Glasgow Southside. Former First Minister of Scotland (Nov 14 - March 23). Loves 📖 (Promoted by Nicola Sturgeon, 69 Dixon Road Glasgow G42 8AT)

Joined June 2010 • 1.4M Followers

16 May 2020

Many thanks for your input to our Advisory Group - your advice is much appreciated...as is your very clear and, rightly, challenging media contributions. It's been good to



Start a message





Nicola Sturgeon ✓

contributions. It's been good to talk to you and colleagues, via Zoom - hopefully we'll get the chance to meet in person sometime!

11:08

I'd be delighted- my mobile is **I&S** if you ever want to discuss anything incl. confidentially. I'm here to help and support you as much as I can- would rather be supportive and helping Scottish govt than standing outside and throwing stones. I am in close touch with colleagues across the world and can help bring in how others are attempting this challenging situation. Thanks for your message, Devi



32



Start a message





Nicola Sturgeon ✓

11:32

Thank you - that's much appreciated.

11:41

17 May 2020

PS in a few recent articles my words have been twisted. Frustrating. Hard with journalists sometimes.

18:48

Don't worry - I fully understand how the media can twist words, sometimes deliberately. I think what you say is very powerful and clear though - and has had a big influence on my thinking.

19:11



Start a message





Nicola Sturgeon ✓

30 May 2020

Thanks for your leadership. Just to note that small room to manoeuvre- estimated 1000 to 2500 daily new cases. Sobering to see those figures after many weeks of lockdown. And while outdoor activities generally safe, feels like public sees this as lockdown lifted & all that comes with outdoor activities (transport, food, toilets) can increase transmission. Fragile situation ahead...

14:57

Yes I agree and feel v anxious about it. We will continue to be v tough in our messaging and won't be going any further than this for now. I've been worried for last couple of weeks that



Start a message





Nicola Sturgeon

this for now. I've been worried for last couple of weeks that public already ahead of us on outdoor activity and so formally allowing some of it at least enables us to try to put some 'rules' around it on transport, distancing etc that many will follow. But, yes, fragile. Many thanks for your continued advice.

15:17

Yes I can understand that. As much as Scotland can chart its own course & develop its own testing, tracing, local data systems & public health response, the better. England is going a dangerous path on Monday with even its science advisors speaking out now.



21.23



Start a message





Nicola Sturgeon ✓

4 June 2020

I hope all is well. I've done a note for CMO (we're discussing in our Scottish group) on key steps to managing outbreak in Scotland looking forward. Happy to share a draft with you as well but don't want to overstep or break protocol.

08:51

That would be very helpful. (Don't worry about protocol - tackling the virus more important than that - and I'll handle any issues on that front). You can send it to me privately at Irrelevant & Sensitive @snp.org and/or officially at firstminister@gov.scot. Either



Start a message





Nicola Sturgeon ✓

of emergency at
firstminister@gov.scot. Either
 way fine by me. Also for future
 use if necessary, you can
 contact me directly on **Irrelevant**
Irrelevant Feel free to do so if
 you think there's anything I'm
 not aware of or not adequately
 taking account of - or just
 getting wrong!
 I am extremely anxious about
 the fragility of the position just
 now - so very grateful for any
 advice. Many thanks

09:01

7 June 2020

Agree with your relief to see the
 numbers (even if a blip bc of the
 weekend reporting issues).
 Hospital admissions coming
 down which is good too.



Start a message





Nicola Sturgeon ✓

down which is good too. Confirmed cases might increase because of more testing happening (which is a positive thing- better to catch & report them)- but downward trend in admissions will remain hopefully. If robust monitoring can be put in place during summer to quickly catch clusters in teachers/staff, then when schools go back, hopefully pupil attendance will remain (as parents feel it's safer), less resistance from teachers, more days in class, & distancing can be slowly eased in the classroom so kids can actually play together.

15:25

Yes it is a relief - but long way to go and lots to do. Using the



Start a message





Nicola Sturgeon ✓

also to encourage public to comply with govt guidance as they ease (not to think lockdown is over). Everyone wins if numbers continue to fall...

07:45

Tweets were helpful (I've just tweeted on back of them). That's where I want us to get to - so opening up this thinking is good. Thanks

07:50

Many thanks for your tweets! This is a difficult phase with public frustration growing and fear of virus easing. We will confirm more lifting of measures tomorrow in line with routemap - which brings risks



Start a message





Nicola Sturgeon ✓

routemap - which brings risks that we will have to track carefully. But we will resist growing calls to go further, faster and continue to be clear about suppression objective. Your advice/support much appreciated.

09:27

Yes- agree fully. I will continue to push the same message. Public needs to know that short-term pain is for long-term gain, and that worst case would be an increase in infections having to trigger a second lockdown. I am just working on a short note summarizing school re-openings and will send over by email today.

09:30



Start a message





Nicola Sturgeon ✓

Thanks

09:54

Sorry you're having to put up with such nonsense from some quarters today. They are obviously only trying to get at me - but I'm sorry they're trying to use you to do it

11:57

No worries, the important objective is to keep progress up and into a better and better position. I care about kids back in school and people being healthy, not twitter trolls!

12:06



18 June 2020



Start a message





Nicola Sturgeon ✓

18 June 2020

Working with a couple other senior public health experts in Scotland on an exciting & feasible plan for elimination in July. Will forward on as soon as it's ready.

20:19

Will be very keen to see that...thanks

20:26

29 June 2020

Sorry if I created any trouble with my interviews this weekend. Tried to convey complexity of situation but



Start a message





Nicola Sturgeon

weekend. Tried to convey complexity of situation but guess that doesn't make good headlines. Nice to talk to you last week and looking forward to briefing later today.

13:59

Not at all - it's actually helpful as it allows me to talk about an issue that would be even more loaded had I raised it first. Good to talk to you too - speak later

14:02

11 July 2020

NYTimes home page today:
[nytimes.com/2020/07/10/wor...](https://www.nytimes.com/2020/07/10/world/europe/coronavirus-outbreak.html)



Start a message





Nicola Sturgeon ✓

Was just reading it - v good.
Had a bit of a nervous day
yesterday after a spike in cases
(up from 6 on thurs to 18
yesterday) but back down to 7
today...so hopefully just some
inevitable fluctuation

10:44

Yes- and that's the issue with
having an open land border.
Constant stream of incoming
infections. Then 'Test and
Protect' needs to work hard to
maintain the situation and it's
volatile. Looking at U.S., my
sense is that most parts of the
economy can re-open safely
except for pubs/bars- these are
the highest risk settings. So
they require the most mitigati
measures and attention. I'm
relaxed about outdoor



Start a message





Nicola Sturgeon

the highest risk settings. So they require the most mitigation measures and attention. I'm relaxed about outdoor hospitality, even indoor shops with masks seem fine as people don't spend a long period together with no face covering. Pubs/bars are where people sit for a long time indoors, limited ventilation, with alcohol, with no mask. I was going to write a 'Dear Boris' letter for my next Guardian column on how England needs to cooperate with the other 3 nations- but think it will set off a whole load of distraction/trolling, instead of keeping focus on public health objectives. Thank you for your exceptional leadership- the world is watching and supporting you.



Start a message





Nicola Sturgeon ✓

Thank you! Your advice has been invaluable

10:55

Here to help & support as much as I can to find a good path through this challenging crisis. Need to protect people's lives and livelihoods.

11:57

14 July 2020

Numbers looking good so far even though measures eased. Biggest challenge will be pubs & restaurants esp as tourism gets underway.



7



Start a message





Nicola Sturgeon ✓

Yes, v good but big challenges ahead...would be easier if we were able to just ignore economic harms entirely, but we can't...so next few weeks will be anxious.

Irrelevant & Sensitive

14:19

Thanks- wonderful afternoon at North Berwick- feels just like Miami but just 20 degrees colder!

14:36

16 July 2020



Congratulations on your 10th



Start a message





Nicola Sturgeon ✓

16 July 2020

Congratulations on your 10th anniversary!

16:49

Thank you!

16:53

19 July 2020

Happy 50th!!! Enjoy the day 🥳

10:06

Thank you!

10:07

Cases increasing --> key question is whether these are



Start a message





Nicola Sturgeon ✓

Thank you!

10:07

Cases increasing --> key question is whether these are 'imported' from tourism- or from existing community transmission. I'm afraid with tourism starting nothing to stop continuous stream of infections into Scotland- then mixing with locals in pubs/bars and setting off chains. NZ finding 12/day at their border. No easy answers given economic issues of tourism/hospitality.

14:24

About half of them are in care homes (that's been pattern in last couple of days). Still waiting on further analysis of others...



Start a message





Nicola Sturgeon ✓

About half of them are in care homes (that's been pattern in last couple of days). Still waiting on further analysis of others...

14:43

20 July 2020

The teams are doing good work with test and protect. Relieved not to see cases spiralling higher today! Looking into Israel and how they went from a handful of cases/day to thousands b/c of opening up too quickly.

14:12

Fingers crossed. Would be interested to hear anything you



Start a message





Nicola Sturgeon ✓

Fingers crossed. Would be interested to hear anything you learn from Israel

18:14

21 July 2020

I've done a note on schools for the education group on Israel if of interest. Basically they opened too fast. Declared victory at 10 new cases and opened up everything and people celebrated. Scotland going cautiously so far. Impressed with testing and tracing capacity locally.

18:31

I'd be v interested to see that.
Thanks



Start a message





Nicola Sturgeon ✓

It's a nightmare on social media. It hard to ignore but it is probably the best advice I can give - don't pay attention to it and just concentrate on doing the vital you're doing.

And a tip - muting people on Twitter gets them out of your timeline but doesn't let them know you've done it (unlike blocking). That said, you're perfect to entitled to block if you want!

19:25

Thank you 🙏

19:29

4 August 2020

Two issues on schools if

helpful. I have checked with



Start a message





Nicola Sturgeon ✓

4 August 2020

Two issues on schools if helpful: 1. Have checked with Jim at HPS and no outbreaks linked to community school hubs/nurseries/holiday camps, etc which have been running now for weeks. Worth confirming that with HPS again as that's an important dimension and makes re-opening looks 'safe' as low as prevalence is low. 2. One risk is children coming back from holiday from destinations not on exemption list (like Spain) and heading straight into school. Families incl. kids have to do 14 day quarantine and not send children into school until they've completed that. 3. Outbreaks will happen



Start a message





Nicola Sturgeon

send children into school until they've completed that. 3. Outbreaks will happen, hopefully will be rare. But kids do transmit the virus same as adults as we're seeing with outbreaks in schools in England, US and other places. Objective is to keep the virus out of the school completely, and if it is present that there is a strong testing and tracing system ready to respond (I know desk exercises have been completed by NHS teams but public might like to hear how much prep has been done to prepare for keeping schools as safe as possible). Hope that's helpful...

09:50

It is - thanks



Start a message





Nicola Sturgeon ✓

14:55

Great- school re-openings a huge step. I think the more confidence teachers & parents have that: there has been assessment on re-opening measures for children so far in July/August to inform future policy, there are procedures in place for responding to outbreaks (which will happen, hopefully rarely) and NHS is ready, and that quarantine policies esp for those returning from holiday/trips abroad will be followed, the less anxiety there will be. Also remarkable to see how many cases in NHS Grampian- I guess due to Aberdeen bar outbreak. Airborne transmission is occurring esp in indoor settings with limited ventilation



Start a message





Nicola Sturgeon ✓

Airborne transmission is occurring esp in indoor settings with limited ventilation.

and I'll keep feeding until it's not helpful. Working on these issues around the clock with colleagues across the world- and ran through Scottish school plans with top team at WHO to ensure we avoid mistakes of Israel.

15:53

It's v helpful. Just been in a meeting re Aberdeen which is a worry. We may have to take some further action there to make sure it doesn't run out of control

17:50



Start a message







Nicola Sturgeon ✓

won't use the word. I think I've got them to 'suppressing virus to lowest possible level and keeping it there'. I think I might bank that as progress...

17:00

Yes it is. what about 'no acceptable level of infection'- that would be progress too.

17:01

I've been thinking on what to learn from Aberdeen- and how to avoid local lockdowns- as I don't think they are sustainable in the long-term esp when furlough ends. Need to identify 'super spreading' types of events and how best to avoid them. These have happened across the world in bars/pubs/



Start a message





Nicola Sturgeon

events and how best to avoid them. These have happened across the world in bars/pubs/nightclubs/churches/discos. Incredibly hard for test and protect to suppress these kinds of places esp when people are bar-hopping and visiting several different venues w/risky settings. Might be worth doing a deep-dive or focused session on how to prevent spikes/super-spreading- as local lockdowns can only be used a few times before social unrest/economic issues.

17:05

Yes I'll get that arranged. In meantime, we are looking at tightening up guidance around hospitality in various ways



Start a message





Nicola Sturgeon ✓

17:07

Yes- even a curfew to prevent people visiting several different venues, stricter guidance on indoor settings, letting bars/ pubs use outdoor space for tables, etc. This virus is definitely airborne esp with poor ventilation indoors. But it would be good to learn from what has happened to avoid it happening again. also happy to chat by phone if helpful.

17:10

Thanks

17:31

and I think the 4 nation statement on 'suppressing virus to lowest possible level



Start a message





Nicola Sturgeon ✓

and I think the 4 nation statement on 'suppressing virus to lowest possible level and keeping it there' is pretty good- unless they say lowest possible level is 1000 symptomatic cases/day (like a JBC document suggested). Addition of 'no acceptable incidence' which is included in the Scottish Govt Framework from April would also be a good step forward to establish key principle.

18:01

I'll try for that addition - but i suspect I've got them as far as they'll go. I'll then do my best to interpret what it means!

18:05



Start a message



WiFi Call

12:18

77%








Nicola Sturgeon 

18:05

Actually I've got a vague memory that they used language like 'no acceptable level' in their first exit from lockdown paper (even tho they obvs didn't mean it!) - because I remember thinking they'd lifted it from us. I'll see if I can revive it!



18:08

 big step to get them to agree and to get away from herd immunity


18:09

8 August 2020

Numbers not looking good-
does raise the question of



Start a message







Nicola Sturgeon ✓

8 August 2020

Numbers not looking good-
does raise the question of
pulling back secondary schools
to blended learning.

15:43

13 August 2020

Is there a timeframe to the 4
nation agreement? I know there
was a No10 meeting yesterday
led by Cummings on key next
steps and game plan for next 8
months.

09:19

As far as I know, we are waiting
for them to come back to us on
the suggested amendment we



Start a message





Nicola Sturgeon ✓

As far as I know, we are waiting for them to come back to us on the suggested amendment we made last week - no acceptable level of infection. I'm due to chase up today - will let you know

09:27

26 August 2020



dave



25/08/2020

Boris Johnson has had to follow Nicola Sturgeon's lead so many times now it won't be long before he's campaigning for Scottish Independence

Cheekily sharing this with you for a laugh:



Start a message





Nicola Sturgeon ✓

Cheekily sharing this with you for a laugh:

On a more serious note, any progress on the 4 nation agreement on maximum suppression? I think Whitty generally agrees with that approach.

15:59

Haha!

On 4 nations - and this is confidential obvs - the hold up now is NI who it seems are trying to play all-Ireland issues into it (welcome to more of the UK's constitutional politics!!). The rest of us are agreed on max suppression language - which doesn't go as far as I'd like but which I'll interpret and



Start a message





Nicola Sturgeon ✓

Haha!

On 4 nations - and this is confidential obvs - the hold up now is NI who it seems are trying to play all-Ireland issues into it (welcome to more of the UK's constitutional politics!!). The rest of us are agreed on max suppression language - which doesn't go as far as I'd like but which I'll interpret and describe as elimination.

16:15

That sounds really positive

17:49

Also think UK govt will follow on higher education policy: testing students, masks in lectures, etc that I hear is in the works. Joined SAGE meeting where



Start a message





Nicola Sturgeon ✓

Also think UK govt will follow on higher education policy: testing students, masks in lectures, etc that I hear is in the works. Joined SAGE meeting where they're basically copying Scottish govt advisory group guidance.

17:50

31 August 2020

[ft.com/content/b664b4...](https://www.ft.com/content/b664b4...)

16:53



20:26

1 September 2020



Start a message





Nicola Sturgeon ✓

1 September 2020

Numbers going up but doesn't seem to be linked with schools re-opening at first glance. How worried are you about the numbers?

12:41

Worried but not yet panicking. Not decided yet, but I think we might take some preventative action in Glasgow later - maybe restricting household gatherings. I'm most worried about that just now

12:46

Local, targeted restrictions make the most sense- and a expanding testing in those



Start a message





Local, targeted restrictions make the most sense- and also expanding testing in those areas which seem to have higher transmission.

12:50

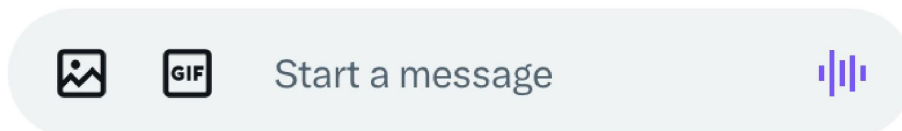
4 September 2020

I hope all is going ok- is there any progress on the 4 nation agreement? It would just be good to get England to commit to maximum suppression so all the herd immunity nonsense can be taken off the table publicly. Many thanks

15:23



5 September 2020





Nicola Sturgeon ✓

5 September 2020

No final sign off yet unfortunately- there's a 4 nations call on Monday so I'll be pushing for progress there. Will let you know

09:18

Thanks- also bc I think it might come up in press briefings..Scotland has slightly overtaken England in cases/capita. But testing is almost double England per capita- and testing positivity is still lower in Scotland. Test more/find more, test less, find less. Better to find mild infections before they spread further and reach vulnerable people. Based on public data here are some basic



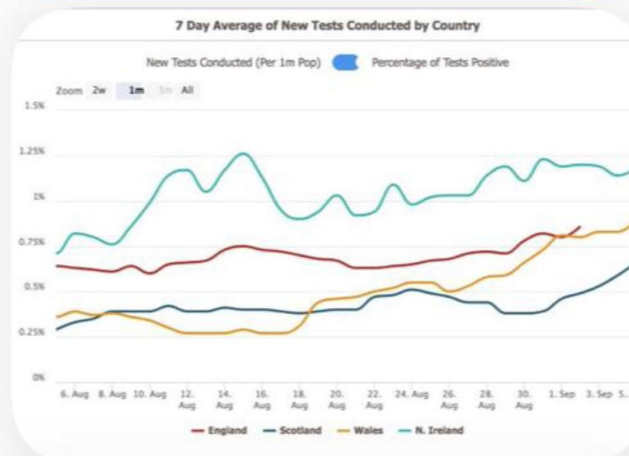
Start a message





Nicola Sturgeon

vulnerable people. Based on public data here are some basic graphs showing this.



positivity looks lower than



Start a message





Nicola Sturgeon ✓

positivity looks lower than Scottish govt uses because England doesn't share number of PEOPLE tested, just number of tests (even if repeat in same person). So that's the metric (number of tests positive, not number of people positive) used across nations to ensure comparability.

22:46

7 September 2020

Sorry again for question today- pulled from Sky interview yesterday when asked about sustainable aviation strategy



Mail also has it out for me-



Start a message





Nicola Sturgeon ✓

Mail also has it out for me-
awful paper

20:37

No worries! And I sympathise re
Mail - truly awful! They hate me
too!!

I think we are close to getting 4
nations statement published -
hopefully this week - we've got
them to agree maximum
suppression language.

20:38

Really positive to hear- I have a
new Guardian piece tomorrow
out. If they don't make changes
to it, it has a para comparing
your leadership &
communications to Merkel and
Arden - woman just do it
better! (And Mail doesn't like



Start a message





Nicola Sturgeon ✓

to it, it has a para comparing
your leadership &
communications to Merkel and
Arden - woman just do it
better! (And Mail doesn't like
that).

20:41

Thank you! And yes, they hate it
- it offends everything they
stand for!

20:47

Yes- I'm learning to ignore the
trolling and lies and made-up
articles and just get on with life.
I'm really happy to hear about
the 4 nations statement- that
will be a big step forward. And
maximum suppression =
elimination strategy = Zero
COVID strategy.
Interchangeable terms but

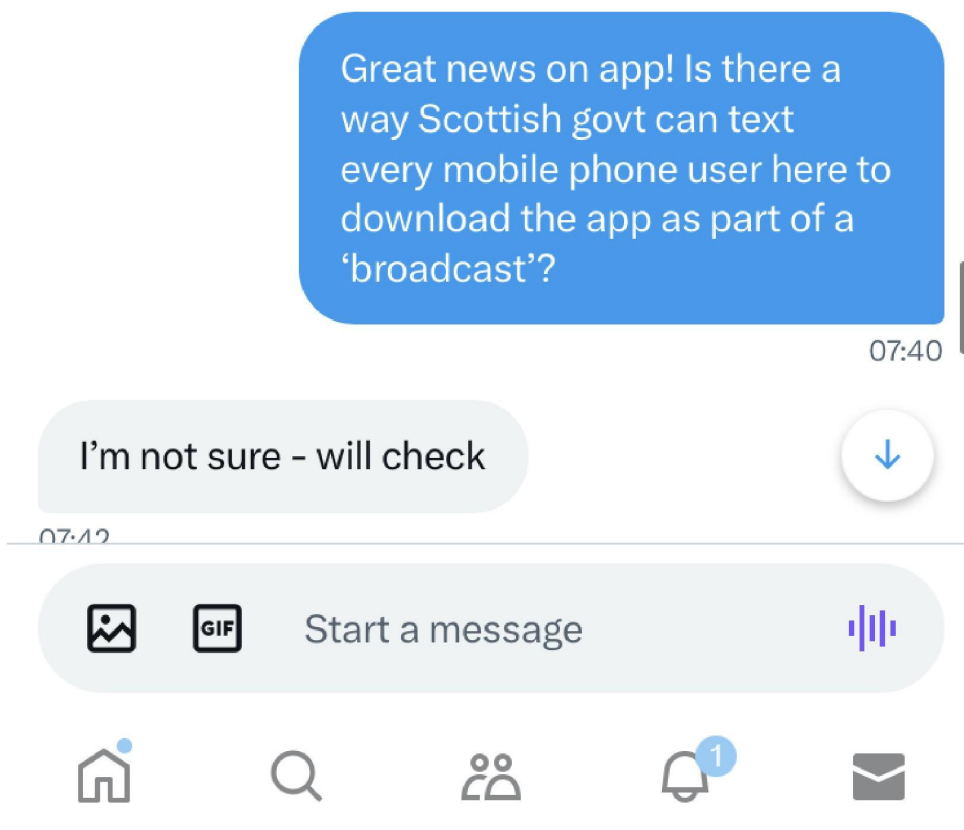


Start a message





10 September 2020





Nicola Sturgeon ✓

I'm not sure - will check

07:42

16 September 2020

Aligns with Scotland strategy:
bma.org.uk/bma-media-cent...

17:00

19 September 2020

great article on what happened
in the U.S: [theatlantic.com/
magazine/archi...](https://theatlantic.com/magazine/archi...)

10:01

Thanks

10:02



Start a message





Nicola Sturgeon ✓

10:02

20 September 2020

Sorry to bother but any progress on 4 nation strategy?

17:28

21 September 2020

N Ireland still to agree - hopefully this week

08:20

Press seems set on creating division between us -> my article here where I'm actually fully aligned with Scottish govt strategy (as you know).
Selectively quoting:
[theguardian.com/](#)



Start a message





Nicola Sturgeon ✓

Press seems set on creating division between us -> my article here where I'm actually fully aligned with Scottish govt strategy (as you know).
Selectively quoting:
theguardian.com/commentisfree/...

13:57

Absolutely...it's tiresome but just what they do.
PS I am pushing for the 4 nations statement to issue out of COBR tomorrow...we'll see

14:16

Sounds good- would be good to put nail in the coffin of herd immunity which still being pushed by some Tory MPs. Your press conference today was



Start a message





Sounds good- would be good to put nail in the coffin of herd immunity which still being pushed by some Tory MPs. Your press conference today was superb again.

14:19

22 September 2020

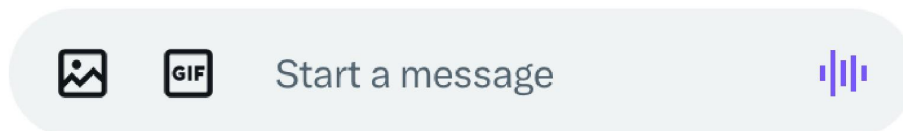
4 nations statement agreed and should be out later today

10:47

Fantastic news- great to hear that. Thank you for your leadership on it.

19

btw. BBC1 has asked me to





Nicola Sturgeon ✓

that. Thank you for your leadership on it.

10:49

btw, BBC1 has asked me to come on right after PM's speech tonight to offer a response- anything I should know just so I don't create any PR problems with something I say based on your speech tonight?

I could refer to the 4 nation agreement if it is out by then too

10:58

I'm making statement at 2.20. In short we'll do curfew (which is pretty much all they are doing) but we don't think it's



Start a message





Nicola Sturgeon

I'm making statement at 2.20.
In short we'll do curfew (which
is pretty much all they are
doing) but we don't think it's
enough to suppress so we'll go
further and restrict indoor
household gatherings too -
more flexibility outdoors. 4
nation statement should be out
by then - but I can confirm later

11:13

That's really helpful- I can then
speak to that too.

11:41

In any event I'll mention 4
nation agreement 'to suppress
to lowest possible level' in
parliament later - so at very
least you can pick up on that



Start a message





Nicola Sturgeon ✓

parliament later - so at very
least you can pick up on that

12:08

yes- my key messages will be
supporting govt early
intervention, focus on local
test/tracing, extending
furlough, clearer messaging and
on 4 nation agreement.

12:14

Fantastic speech!!

17:59

23 September 2020



07:23



Start a message





Nicola Sturgeon ✓

29 September 2020

Just in case press asks tomorrow, my new Mirror piece makes the argument that mandatory lockdown wouldn't be needed IF we had strict border checks (like East Asia), robust test & trace and trust in govt to comply with voluntary guidance (FACTS). Scotland has 2 and 3 and not 1 bc borders are a reserved issue and open border with England. Just giving you a heads up in case they misquote me on 'lockdown isn't needed'. Every place is living under restrictions to be fair but harsher ones needed if importation of cases isn't managed.



19:35



Start a message





Nicola Sturgeon ✓

isn't managed.

19:35

Ok - thanks for heads up. I see you've tweeted it so I'll have a read

19:38

2 October 2020

Tough days for you- excellent words today & strong leadership! Have as good a weekend as you can- hopefully with a good book!

15:15

Btw as you know I disagree with the lack of testing on campus by universities. The lesson from the US is to test extensively to



Start a message





Nicola Sturgeon ✓

Btw as you know I disagree with the lack of testing on campus by universities. The lesson from the US is to test extensively to catch asymptomatics and break chains of transmission. I've expressed this to the Scottish advisory group but clinicians think otherwise. I think that's a mistake given experience abroad.

Without campus outbreaks Scottish numbers would be lower by at least half

[nytimes.com/2020/10/02/us/...](https://www.nytimes.com/2020/10/02/us/...)

15:17

25 October 2020



Start a message





Nicola Sturgeon ✓

25 October 2020



Nicholas Kri... ✓ 25/10/2020

What is it about women leaders and Covid-19? Even in England itself (not Britain, not Scotland), [@NicolaSturgeon](#) is more liked than Boris Johnson



19:00

Thanks! (Tho I have to concede that being more popular than Boris is not a high bar at the moment)



Start a message





Nicola Sturgeon ✓

Boris is not a high bar at the moment)

19:01



19:04

17 December 2020

On how Norway managed -> tight border controls absolutely central. See [wsj.com/articles/finla...](https://www.wsj.com/articles/finla...)

My research team is doing a more detailed brief on Norway which I will send through to the CMO group tomorrow. Hope it's helpful to your thinking.

06:22



Start a message





Nicola Sturgeon ✓

My research team is doing a more detailed brief on Norway which I will send through to the CMO group tomorrow. Hope it's helpful to your thinking.

06:22

Thanks so much. That will be v helpful



06:37

Of course- nice to see you! And listening to Jeremy just reinforced how max suppression/elimination with catching imports probably best way through this for countries which can do it.

07:40 · Sent



Start a message



