



■ I don't know what 'stay alert' means: Sturgeon decries UK government's new Covid-19 advice - video

Coronavirus

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Nicola Sturgeon leads chorus of disapproval over Johnson's 'stay alert' message

First minister hits out at No 10's latest coronavirus messaging as 'vague and imprecise'

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Rowena Mason and Haroon Siddique

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Nicola Sturgeon has criticised Boris Johnson's decision to drop the "stay at home" messaging in favour of "stay alert" as potentially catastrophic, as she announced that Scots will be allowed unlimited exercise from Monday.

Speaking after a Cobra emergency meeting, the first minister outlined changes to the exercise rules in Scotland that were later confirmed when the prime minister gave an address to the nation at 7pm on Sunday.

Sturgeon said: "For Scotland right now, given the fragility of the progress we have made, given the critical point we are at, it would be catastrophic for me to drop the 'stay at home' message, which is why I am not prepared to do it ... particularly in favour of a message that is vague and imprecise."