



## Coronavirus Fife: Useful Information

<https://centreforequalities.org.uk/coronavirus-fife-useful-information>

We have compiled a list of local, national and a range of accessible materials and information in regards to the coronavirus or COVID-19. This covers nation-wide updates, local updates in regards to support, number of cases etc. There are also easy-read, translated materials and the UK Government updates translated into BSL at the bottom of this page.

We have created a simple form for people to share with us their concerns. Alternatively, you can email us [info@centreforequalities.org.uk](mailto:info@centreforequalities.org.uk) or text us 07800005834. Stay safe and stay connected.

**[CLICK HERE TO TAKE PART IN THE SURVEY.](#)**

---

National Information and Advice:



- **Coronavirus: UK Government Response**  
<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>
- **FAQs Regarding latest restrictions:**  
<https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do>
- **Home Office: Travel Advice**  
<https://www.gov.uk/guidance/travel-advice-novel-coronavirus>

- **UK Government: No. of Cases and Updates**  
<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>
- **UK Government – Support and Advice for Businesses**  
<https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19/covid-19-support-for-businesses>
- **UK Government – Guidance for Employees** <https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19/covid-19-guidance-for-employees>
- **UK Government – Easy-read vaccine information**  
<https://www.gov.uk/government/publications/covid-19-vaccination-easy-read-resources>




---

**Scottish Government Information and Advice:**



**Scottish Government**  
Riaghaltas na h-Alba  
gov.scot

- Scottish Government Coronavirus Updates (includes daily No. of Cases)  
<https://www.gov.scot/coronavirus-covid-19/>
- Protect App – FAQ:  
[Frequently Asked Questions | Protect Scotland](#)
- Information on Localised Restrictions in place  
<https://www.gov.scot/news/localised-restrictions-to-continue/>
- Coronavirus (COVID-19): school closure guidance for key workers  
<https://www.gov.scot/publications/coronavirus-school-and-etc-closures-guidance-on-critical-childcare-provision-for-key-workers/>

- Scottish Parliament – how are young people (8-14) coping in the pandemic? <https://www.surveygizmo.eu/s3/90266870/How-are-you-doing-September-2020>
- Police Scotland – Reassurance Poster – <https://centreforequalities.org.uk/wp-content/uploads/2020/04/Reassurance-poster-060420-final-version.docx>
- Social Distancing and Mask Guidelines – <https://www.gov.scot/publications/coronavirus-covid-19-phase-2-staying-safe-and-protecting-others/pages/face-coverings/>




---

## NHS Scotland

### NHS 24 Equalities Toolkit:

NHS 24 Equalities Communication Toolkit

Translated Social Media Posts – Facebook and Twitter

Twitter Toolkit Graphics

Coronavirus (COVID-19) guidance from NHS Scotland and the Scottish Government, including social distancing and stay at home advice.

<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>

NHS Inform Easy-read

guidance: <https://www.nhsinform.scot/translations/formats/easy-read/coronavirus-covid-19>

NHS Inform translated  
guidance: <https://www.nhsinform.scot/translations>

NHS Fife – vaccine rollout Feb 2021: <https://www.nhsfife.org/news-updates/campaigns-projects/coronavirus-information/vaccination-programme/>

NHS Fife – Drop-in Vaccination Clinics Feb 2022: [Find COVID-19 vaccine drop-in clinics | NHS Fife](#)

NHS Inform – vaccine  
information: <https://www.nhsinform.scot/covid19vaccine>



---

## Communication toolkits – National Communications from NHS

NHS have developed a toolkit containing a poster, video and social media posts for organisations to print and share.

[Download the coronavirus \(COVID-19\) communication toolkit \(ZIP, 20 MB\)](#)



# CORONAVIRUS

## PROTECT YOURSELF & OTHERS

[nhsinform.scot/coronavirus](https://nhsinform.scot/coronavirus)



### CORONAVIRUS

#### WASH YOUR HANDS MORE OFTEN FOR 20 SECONDS

Use soap and water or a hand sanitiser when you:

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or handle food



Find out more at [nhsinform.scot/coronavirus](https://nhsinform.scot/coronavirus)



### Coronavirus

#### Isolate your household Stay at home

If you or anyone in your household has a high temperature or a new and continuous cough – even if it's mild

- Everyone in your household must stay at home for 14 days and keep away from others
- DO NOT go to your GP, hospital or pharmacy
- Go to [nhsinform.scot](https://nhsinform.scot) to check your symptoms and follow the local and national advice. Only call 111, 24/7 if you can't get online or your symptoms worsen
- Protect other people and those with existing health conditions by avoiding contact



Find out how to isolate at home at [nhsinform.scot/coronavirus](https://nhsinform.scot/coronavirus)



### Coronavirus

#### Isolate your household Stay at home

If you or anyone in your household has a high temperature or a new and continuous cough – even if it's mild

- Everyone in your household must stay at home for 14 days and keep away from others
- DO NOT go to your GP, hospital or pharmacy
- Only call NHS 24 (111) if you can't get online or your symptoms worsen



[nhsinform.scot/coronavirus](https://nhsinform.scot/coronavirus)

Download translated versions of our COVID-19 posters (ZIP, 22MB)



For the latest video content please visit the Scottish Government [YouTube](https://www.youtube.com/user/scottishgovernment), [Facebook](https://www.facebook.com/TheScottishGovernment/), [Instagram](https://www.instagram.com/scotgov) and [Twitter](https://twitter.com/scotgov) channels.  
 Youtube: <https://www.youtube.com/user/scottishgovernment>  
 Twitter: <https://twitter.com/scotgov>  
 Instagram: <https://www.instagram.com/scotgov>  
 Facebook: <https://www.facebook.com/TheScottishGovernment/>

**Fife / Local Information and Advice**



- **NHS Fife info**  
<https://www.nhsfife.org/nhs/index.cfm?fuseaction=nhs.subjectdisplay&subjectid=2F043126-FOC7-6EBF-9BC8BAADB502684A&promo=53BCF44E-A74D-145E-4C691CB293BFC7EC>
- **NHS Fife Accessible Information and Communications** <https://coronavirus.nhsfife.org/accessible-communication-and-translation/>
- **NHS Fife Translation / Interpretation Required Poster:** [https://centreforequalities.org.uk/wp-content/uploads/2021/02/NHS-Fife-MPR.VACCIN.21\\_02619.L-A2.pdf](https://centreforequalities.org.uk/wp-content/uploads/2021/02/NHS-Fife-MPR.VACCIN.21_02619.L-A2.pdf)

### **Fife Council – Help with... Money Advice translated leaflets:**

[Help With... – Arabic Translation](#)  
[Help With... – Polish Translation](#)  
[Help With... – Chinese Translation](#)  
[Help With... – Urdu Translation](#)  
[Help With... – Romanian Translation](#)

### **NHS Fife Vaccination Centre Translated posters:**

[CT posters Russian \(Savoy\)](#)  
[CT posters Russian \(Maxwell\)](#)  
[CT posters Russian \(Glebe\)](#)  
[CT posters Russian \(Chapel\)](#)  
[CT posters Romanian \(Savoy\)](#)  
[CT posters Romanian \(Maxwell\)](#)  
[CT posters Romanian \(Glebe\)](#)  
[CT posters Romanian \(Chapel\)](#)  
[CT posters Polish \(Savoy\)](#)

CT posters Polish (Maxwell)  
CT posters Polish (Glebe)  
CT posters Polish (Chapel)  
CT posters Cantonese (Savoy)  
CT posters Cantonese (Maxwell)  
CT posters Cantonese (Glebe)  
CT posters Cantonese (Chapel)  
CT posters Arabic (Savoy)  
CT posters Arabic (Maxwell)  
CT posters Arabic (Glebe)  
CT posters Arabic (Chapel)  
CT poster Urdu (Savoy)  
CT poster Urdu (Maxwell)  
CT poster Urdu (Glebe)  
CT poster Urdu (Chapel)

### **Fife Council – Coronavirus info and advice**

<https://www.fife.gov.uk/kb/docs/articles/health-and-social-care2/coronavirus-covid-19>

### **Updates for Fife Council Staff**

<https://online.fifedirect.org.uk/topics/index.cfm?fuseaction=page.display&p2sid=B61FA439-155D-13EF-8467E361E94BB4E9&themeid=CF1A6730-CD2E-2956-93489E941E29AD03>

### **Ready Fife**

<https://www.fife.gov.uk/kb/emergency-resilience>

### **Period Poverty Support**

[https://www.fife.gov.uk/kb/welfare,-benefits-and-money-advice/period-poverty?fbclid=IwAR3KI\\_jmFA7DE-Y5OefXFROc\\_e5RqzKMOU7YJ9YOKsvmCY-9ugPKLsnHCOc](https://www.fife.gov.uk/kb/welfare,-benefits-and-money-advice/period-poverty?fbclid=IwAR3KI_jmFA7DE-Y5OefXFROc_e5RqzKMOU7YJ9YOKsvmCY-9ugPKLsnHCOc)

### **Third Sector and Community Groups Support**

### **Fife Voluntary Action – Pandemic Information and Response**

<https://www.fva.org/pandemic.asp>

### **Fife Covid-19 Mutual Aid Group (Coronavirus)**

<https://www.facebook.com/groups/139925244059427>



## **SCVO Community Assistance Directory**

<https://covid-19.scvo.org.uk/help/for-people>

**Self Isolation Guidance:** [https://centreforequalities.org.uk/wp-content/uploads/2020/04/COVID-19-self-isolation-v1.2\\_SCH.pdf](https://centreforequalities.org.uk/wp-content/uploads/2020/04/COVID-19-self-isolation-v1.2_SCH.pdf)

**LinkNet: No More Isolation, No More Tears Project**

**The Cottage Family Centre: Organisation Referral Organisation Agreement Family Referral**

**Fife Forum: COVID-19 Resource & Support List**

---

### **Accessible Information and Translated Materials:**

- **How to Self Isolate guidance translated:**
  - Romanian – <https://vimeo.com/475050318/b454236421>Gujarati
  - <https://vimeo.com/475048599/445d85a486>Polish
  - <https://vimeo.com/475853372/bf265928aa>Cantonese
  - <https://vimeo.com/469693164>
- Arabic – <https://vimeo.com/469792794>
- Hindi – <https://vimeo.com/469693210>
- Urdu – <https://vimeo.com/469800047>
- **Public Health Scotland – Vaccine Translated Materials**  
<http://www.healthscotland.com/documents/37397.aspx>
- **Autism Parenting Magazine – Information and Advice:** <https://www.autismparentingmagazine.com/coronavirus-and-autism/>
- **Facemask Guidelines and Exemptions**
  - <https://accessibletravel.scot/face-mask-exemption-not-everyone-can-wear-one/>
- **NHS Inform – information for overseas visitors**  
[https://www.nhsinform.scot/care-support-and-rights/health-rights/access/healthcare-for-overseas-visitors?mc\\_cid=adf08c03dd&mc\\_eid=3231a9da7d](https://www.nhsinform.scot/care-support-and-rights/health-rights/access/healthcare-for-overseas-visitors?mc_cid=adf08c03dd&mc_eid=3231a9da7d)
- **NHS Inform – information for refugees and asylum seekers**  
<https://www.nhsinform.scot/care-support-and-rights/health->

rights/access/healthcare-for-refugees-and-asylum-seekers?mc\_cid=adf08c03dd&mc\_eid=3231a9da7d

- **Scottish Trans – Important information about continuing your hormones during the coronavirus outbreak** <https://www.scottishtrans.org/important-information-about-continuing-your-hormones-during-the-coronavirus-outbreak/>
- **Police Scotland Reassurance Poster – Chinese** – [https://centreforequalities.org.uk/wp-content/uploads/2020/04/Reassurance-poster-060420-Chinese\\_v1.docx](https://centreforequalities.org.uk/wp-content/uploads/2020/04/Reassurance-poster-060420-Chinese_v1.docx)
- Police Scotland Reassurance Poster – Thai –
- **Coronavirus leaflets translated into different languages** <https://www.doctorsoftheworld.org.uk/news/coronavirus-information/>
- **Mencap Easy-read guide to Coronavirus** <https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20SS2.pdf>
- **Contact Scotland BSL – Contacting NHS** <https://contactscotland-bsl.org>
- **Signhealth BSL Translated information** <https://www.signhealth.org.uk/coronavirus/>
- **Public Health posters for circulation** <https://www.publichealth.hscni.net/publications/advice-covid-19-coronavirus>
- **22 Sep Restrictions Updates:**
  - Polish:** <https://centreforequalities.org.uk/wp-content/uploads/2020/09/PKAV-Polish-version.png>
  - Romanian:** <https://centreforequalities.org.uk/wp-content/uploads/2020/09/PKAV-Romanian-version.png>
- **Self Isolation Guide – Polish**  
**Translation:** [https://centreforequalities.org.uk/wp-content/uploads/2020/04/COVID-19-self-isolation-v1.2\\_Polish.pdf](https://centreforequalities.org.uk/wp-content/uploads/2020/04/COVID-19-self-isolation-v1.2_Polish.pdf)
- **Self Isolation Guide – Romanian**  
**Translation:** [https://centreforequalities.org.uk/wp-content/uploads/2020/04/COVID-19-self-isolation-v1.2\\_Romanian.pdf](https://centreforequalities.org.uk/wp-content/uploads/2020/04/COVID-19-self-isolation-v1.2_Romanian.pdf)
- **Self Isolation Guide – Urdu**  
**Translation:** [https://centreforequalities.org.uk/wp-content/uploads/2020/04/COVID-19-self-isolation-v1.2\\_Urdu.pdf](https://centreforequalities.org.uk/wp-content/uploads/2020/04/COVID-19-self-isolation-v1.2_Urdu.pdf)

- **Self Isolation Guide – Russian**  
**Translation:** [https://centreforequalities.org.uk/wp-content/uploads/2020/04/COVID-19-self-isolation-v1.2\\_Russian.pdf](https://centreforequalities.org.uk/wp-content/uploads/2020/04/COVID-19-self-isolation-v1.2_Russian.pdf)
- 

## **Equality, Human Rights and Community Safety**

- **Equality and Human Rights Commission Considerations**  
<https://www.equalityhumanrights.com/en/our-work/news/human-rights-and-equality-considerations-responding-coronavirus-pandemic>
- **Coronavirus (COVID-19): fair work statement**  
<https://www.gov.scot/publications/coronavirus-covid-19-fair-work-statement/>
- **Age UK – Staying Safe Online and Internet Security**  
<https://www.ageuk.org.uk/information-advice/work-learning/technology-internet/internet-security/>
- **Coronavirus for Victims of Domestic Abuse – What you need to know**  
[https://theconversation.com/coronavirus-lockdown-is-a-dangerous-time-for-victims-of-domestic-abuse-heres-what-you-need-to-know-134072\](https://theconversation.com/coronavirus-lockdown-is-a-dangerous-time-for-victims-of-domestic-abuse-heres-what-you-need-to-know-134072)
- **BEMIS Community Support Survey**  
[https://bemis.us4.list-manage.com/track/click?u=527dd1ec975830240434f8004&id=ebb1eaf63f&e=89722636ed\](https://bemis.us4.list-manage.com/track/click?u=527dd1ec975830240434f8004&id=ebb1eaf63f&e=89722636ed)
- **Fife Centre for Equalities Coronavirus (Covid-19) Equality Concerns**  
<https://bit.ly/FCEcovidconcerns>