

Media information

For immediate use



Living safely on Arran and help to minimise the spread of COVID-19

Those living on Arran are being reminded that coronavirus hasn't gone away. Case numbers on Arran remain high, and so we all need to live safely and follow Scottish Government guidance.

Lynne McNiven, Director of Public Health, explains: “The last two years have been really tough, and we all hoped that by now, life would be fully back to normal. We're not there yet, and so it is important that we live safely so that we can minimise the spread of COVID-19, and protect ourselves and our friends and families.

“The vaccine is the best tool to do this. But there are other things you can do – for example, wear a face covering in public places; meet outside when you can; wash your hands regularly; take regular lateral flow tests even if you don't have symptoms; and if you do have symptoms, self isolate and take a PCR test.”

If you haven't yet had your first, second or booster vaccination, you can attend a drop-in clinic on Sunday 16 January from 9am to 1pm in Arran High School.

After this date, anyone who is newly eligible for the vaccine can call Arran Medical Group on 01770 600516 Monday to Friday from 2pm to 5pm to make an appointment. This includes a first dose for those turning 12 years old; a second dose those over 12 years (12 weeks after the first dose); or booster vaccine for those turning 18 years old.

Testing helps us to identify more cases of the virus and gives us all a better chance of stopping it from spreading. Even those who are fully vaccinated should take a lateral flow test (LFT) regularly – this means at least twice a week. If you are a key worker and must attend work, it is even more important to get tested regularly.

You can pick up LFT kits from the community pharmacy in Brodick, or by calling 119.

If you have symptoms of COVID-19, you need to get a polymerase chain reaction (PCR) test. To access PCR testing on Arran, call the testing centre number on

Media information

For immediate use



01770 601033 for an appointment. You can also call 119 to have a kit sent to your home.

Lynne McNiven adds: “Vaccine and regular testing are vital to help us live safely. However, you should also think about the possible impact of socialising. Consider the risk of each social situation and take steps where appropriate to reduce the risk of spreading COVID-19 by continuing to follow Scottish Government guidance. Gather in groups of no more than three households.

“We know that as cases continue to rise, this puts even more pressure on our healthcare system, with more people becoming seriously ill. And so it is important that we all do our part and make safer choices.”

Here is how you can help us all to live safely:

- Get the vaccine when you are offered it.
- Take regular lateral flow tests even if you don't have symptoms – especially before mixing with other people or visiting a hospital or care home. For more information on testing, visit <https://www.nhsaaa.net/coronavirus-covid-19/testing/>
- If you get a positive LFT result, changes to testing arrangements mean that you do not need to take a PCR test to confirm this. For more information on testing, visit <https://www.nhsaaa.net/coronavirus-covid-19/testing/>
- If you have symptoms of COVID-19 (a fever, new continuous cough, or loss of sense of taste or smell) it is important to isolate and book a PCR test. That advice has not changed.
- The main symptoms of COVID-19 are a new continuous cough; high temperature (37.8°C or above); and / or a loss or change in sense of taste or smell. There may be other milder symptoms which can include hay fever symptoms, sore throat, runny nose, headaches, vomiting and diarrhoea.
- Follow the guidance on [self-isolating and booking a test](#).
- Wear a face covering where required including all enclosed, poorly ventilated areas.

Media information

For immediate use



- Limit your social contact – gather in groups of no more than three households. Keep your distance from people not in your group. Meet outside if you can, and open windows when indoors.
- Wash your hands regularly, and cover your nose and mouth if coughing or sneezing.
- Work from home, if you can.
- Use the apps: [COVID status](#) (vaccine passport), [Protect Scotland](#) and [Check-in Scotland](#).

Lynne McNiven adds: “Remember, every door or window opened at home; every time we meet outside; every hand sanitised; every face covering worn; every test we take; every time we self-isolate; and every vaccine given, help us all to live safely.”

ends

Date of release: Tuesday 11 January 2022

For further media enquiries about this topic, please contact:

Miriam Porte
Communications Manager
NHS Ayrshire & Arran
University Hospital Crosshouse
Kilmarnock KA2 0BE

Telephone: 01563 826108
Out of hours: 07769 648975

Email: miriam.porte@aapct.scot.nhs.uk
Website: www.nhsaaa.net



Find us on Facebook at www.facebook.com/nhsaaa
Follow us on Twitter @NHSaaa