

Here is the brief for Monday 24 January 2022.

**Self-isolation & testing guidance flowchart** Following feedback from you and some additional clarification nationally, this flowchart has been updated. It is attached to the email used to send out this brief and [is also available to read online here](#).

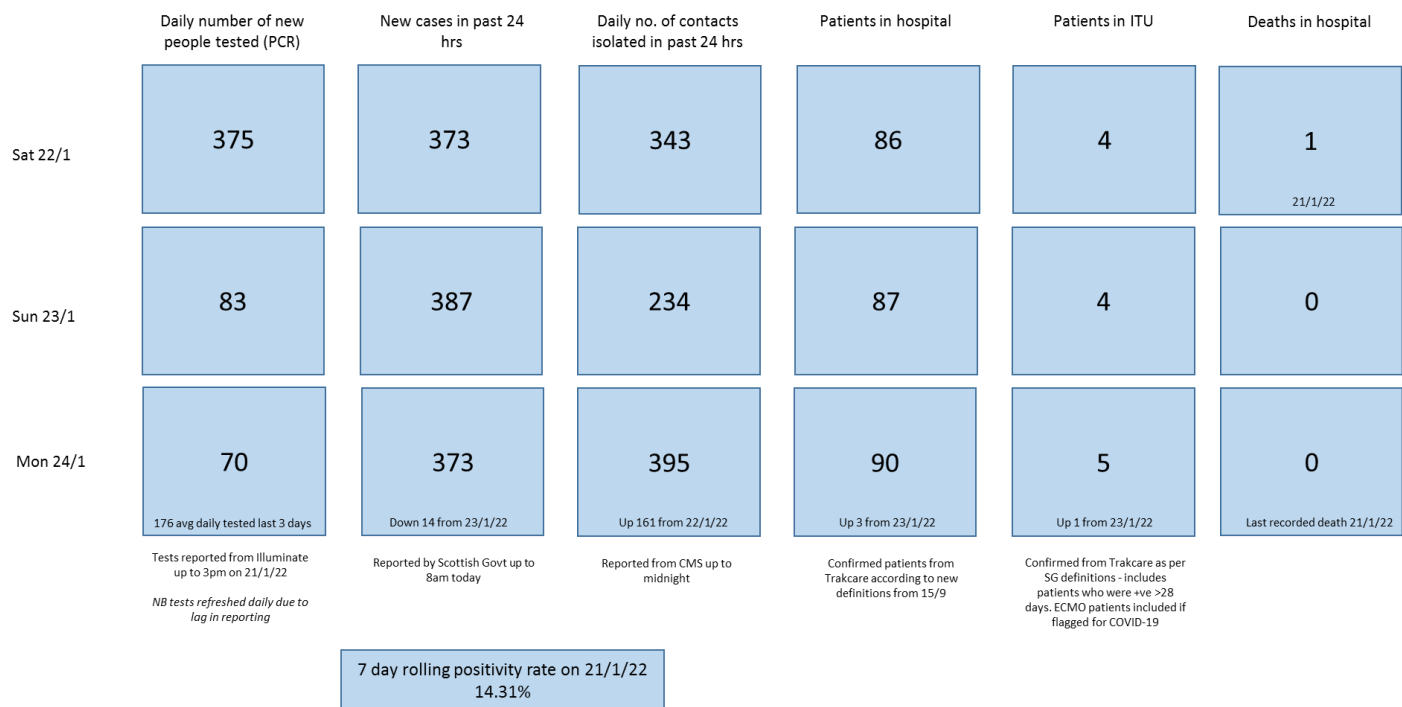
**COVID-19 outbreaks – lessons learned** We are still seeing COVID outbreaks across the system which are impacting on staff and patients. We would like to share the following key learning points to try to reduce recurrence:

- Line managers must ensure staff returning from extended leave, are re-orientated to processes and practices which may have changed during their absence
- Please continue to encourage in-patients to wear FRSMs when mobilising, if not in a single room
- Staff must not attend work with COVID symptoms - book a PCR test and self-isolate until the result is known, then follow current guidance
- Staff must not attend work with infectious symptoms - coughs and sneezes still spread other diseases
- Please do your LFD before you come to work and remember to upload your LFD result to the portal
- COVID positive patients and those identified as COVID contacts require isolation precautions to be applied up to and including 10 days if hospitalised, even if contacts are asymptomatic with a negative PCR
- Line managers should inform the IPCT if they have 2 or more staff cases of COVID-19 within their area of responsibility
- Please continue to apply all standard infection control precautions (SICPs) and COVID-19 control measures.

IPC support continues to be available via [gram.infectioncontrol@nhs.scot](mailto:gram.infectioncontrol@nhs.scot) and Safer Workplaces via [gram.saferworkplaces@nhs.scot](mailto:gram.saferworkplaces@nhs.scot)

**Face covering/face mask exemptions** Please remember any exemption from the wearing of face coverings/face masks is not valid in clinical areas. As per the current [National Infection Prevention and Control guidance \(see section 5.15.1\)](#), all health and care workers must wear fluid repellent surgical masks (FRSMs) in clinical areas. If you consider yourself mask exempt and work in a clinical role, your manager must carry out a risk assessment, some of your duties may be restricted, and temporary deployment to a non-clinical role may be considered. In addition, we would encourage everyone working in health & social care to read, and ensure they are familiar with, [the current guidance on the Use of Face Coverings in Healthcare](#).

**Grampian data** The local update for today (and across the weekend) is shown below. You will note the low figures for PCR testing over the previous 48 hours. As indicated last week, we are working to provide a combined LFD/PCR testing figure and hope to have this available later in the week.



[The Public Health Scotland daily dashboard is available to view via this link.](#)

**Scam alert** There have been a number of calls to NHS service/clinical areas over the past few days where people are pretending to be staff working from home who need a username and password so they can continue their work.

This is an attempt by criminals to steal usernames & Passwords.

- You should **never** share your username / password for any NHS system.
- The I.T. department will **never** ask for your password.
- If you have shared a password, please change it **immediately** and report it to the security officer ([gram.infosecurity@nhs.scot](mailto:gram.infosecurity@nhs.scot)) for further guidance.
- [Additional advice on staying safe at work and at home is available here.](#)

**Distance Aware** The Scottish Government has signed up the Distance Aware scheme, launching on Wednesday 26 January. It is a voluntary initiative to help those on the Highest Risk List or anyone who feels worried about mixing with others as we adapt to living with COVID-19, using badges and/or lanyards to demonstrate they would like to be given additional space. From Wednesday, these will be available free from all community and mobile libraries in Scotland. Badges will also be free from Asda stores. They can be ordered from the Scottish Government website for a small postal fee. The scheme is open to anyone, it is not limited to those identified as most at risk.

**Thoughtful question of the day** The last of the special measures, brought in to respond to the Omicron variant, were lifted today but we're still living with certain restrictions, most notably the wearing of face masks/face coverings in a range of public places and on public transport. There's a (small) degree of optimism in the air, although this is balanced with the pressures we are still feeling across the health & social care system. With this in mind, we wanted to see how you were feeling about holidays. We are traditionally bombarded with adverts about travel at this time of year and it's something which has been significantly disrupted by the pandemic. We've created a quick, multiple choice, question to see how you are feeling. Answers are anonymous and you can select more than one option. [You can answer the question here](#) or by copying this link into your browser: <https://www.menti.com/qwyg2x2avt>

**Tune of the day** Tomorrow may be officially Burns Night, but anytime is a good time to celebrate our national poet. There are countless songs (and countless versions of each) to choose from, but I've plumped for A Man's A Man For A' That. My introduction to Burns (as an inabotcomer) came at the opening of the Scottish Parliament in 1999, when [Sheena Wellington sang this song](#). It's a stirring interpretation, made more so when all those gathered join in for the final verse and chorus.

If you want to request a song for tune of the day, follow up on items included in this brief, or suggest an item for sharing, drop us an email via [gram.communications@nhs.scot](mailto:gram.communications@nhs.scot)