## COVID-19Brief



Here is the brief for Friday 21 May 2021.

**Restrictions update** Following good progress in bringing case numbers in Moray under control, the Scottish Government confirmed today it will move into <u>Level 2</u> restrictions from midnight tonight. To remind yourself of the full detail of what this means, just click on the link above.

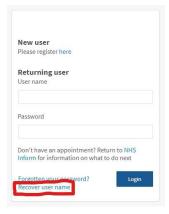
Reacting to the news, deputy Director of Public Health, Chris Littlejohn, said: "I have no doubt this will be incredibly welcome news for the people of Moray. Bringing case numbers back down has been a community effort; public bodies like the NHS and local councils can put in every measure we like, but without community support they will not make the same difference. Thank you to everyone in the area for all that they have done.

"I hope the behaviour we have seen in Moray becomes a habit for people, not just there, but across the Grampian region. Accessing regular asymptomatic testing is vital, especially when one in three people with COVID-19 display no symptoms. Please don't think one negative result is enough; regular testing will stop this virus in its tracks. Early detection of cases allows our contact tracing teams to work quickly and provide self-isolation guidance, breaking the chain of transmission.

"This message applies not just to people living locally, but to all visitors to the area. With the lifting of travel restrictions in Moray, all parts of Grampian are open to visitors. This is a beautiful part of the world and we are happy to share, but that comes with an ask to anyone staying in the area to please access testing, either via community facilities or by ordering test kits via the UK Government website. Finally, if you develop any of the symptoms of COVID-19, isolate and arrange a PCR test as soon as possible."

**Vaccine Status Scheme** We know many of you have raised questions about the Vaccine Status Scheme, as the staff vaccination programme didn't issue blue envelopes containing appointment details – and the user name required to access the certificate. It is possible to obtain your user name online and get a certificate, by following these steps:

- 1. Go to <a href="https://vacs.nhs.scot/csp">https://vacs.nhs.scot/csp</a> (or just click the link)
- 2. Click on 'Recover User Name' as shown below:



- 3. Complete the details required. You will be asked to input the date of your first vaccination, so please have that handy.
- 4. You will then be able to view your vaccination status and download a certificate as appropriate.

Vaccination status is not currently a requirement of international travel. The service has been made available should any country make it a requirement for entry. The Scottish Government continues to urge a highly cautious approach to international travel, given the risk of new variants.

**Working at home** Thank you to everyone who has already shared their reflections on working at home; we have included some anonymous submissions below. If you want to give us your thoughts on the changing workplace, the form remains available <a href="here">here</a>.

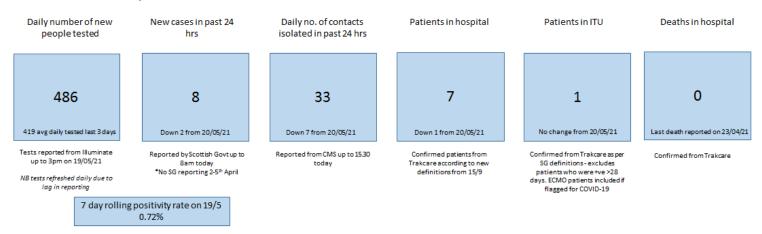
I am less tired working from home. I have more focus with my patients. My work/life balance has improved greatly - I feel like I am contributing my 'best self' to both. I feel less stressed.

Lack of demarcation. No downtime between finishing work and arriving home. Work is next door, so much harder to switch off and forget about it On a lighter note, it's a leveller...many have faced challenges with children, pets, doorbells, hoovers, lawnmowers...I'm sure there are many tales that could be shared to make us smile.

I was hesitant at first - and I say that as someone who was always very productive when working at home to get a particular job done without the distractions of the office. I did and still do, miss the informal interaction of teammates which no amount of 'teams' can really compensate...I worry about a hybrid model and how easy it will be to implement but I don't want to go back to the way it was.

I think moving forward we need to look at flexible / shared office desk spaces, with IT equipment you can plug quickly and remove as office based staff do not need their own desk and we could all work smarter.

**Grampian data** The local figures for today and the 7-day rolling positivity rate are shown below. As a reminder, this rate is arrived at by dividing the number of positive tests in the past 7 days by the number of tests carried out in the past 7 days. Repeat tests are included in both categories, whereas the figures we show here only record new tests.



The Public Health Scotland daily dashboard is available to view <a href="here">here</a>. You can use this to see what is happening in local authorities and at neighbourhood level.

## PPE 3 week look ahead:



**Eye Outpatients Department – hopes for the year** We love it when you get in touch to share the ways you are working hard to keep spirits up in your teams – we couldn't resist sharing once such message today: "Hi there! Our names are Verity and Emily and we work in the Eye Outpatient Department. We created a "Our Hopes for the Year" board in our department. This board use to have lots of COVID-19 information but we thought we would bring some hope and happiness into our department to bring some positivity to everyone!"



**Tune of the day** On this very day, in 1971, Marvin Gaye released 'What's Going On', a career defining album that touched on everything from the Vietnam War, to drug abuse and poverty, and the first warnings of what we now call the climate crisis. We leave you with the title track and our wishes for everyone to have a good weekend. We hope you are all afforded some time to rest and recharge.

Questions to ask? Information to share? If you have particular questions – or are aware of questions coming from friends and family – please share them with us. We may not be able to answer every question and it may take us time to get a proper answer, but we will endeavour to respond and share the answers. You can get in touch with us via <a href="mailto:gram.communications@nhs.scot">gram.communications@nhs.scot</a>. Please also use that email address if you have items for consideration for future briefs.