

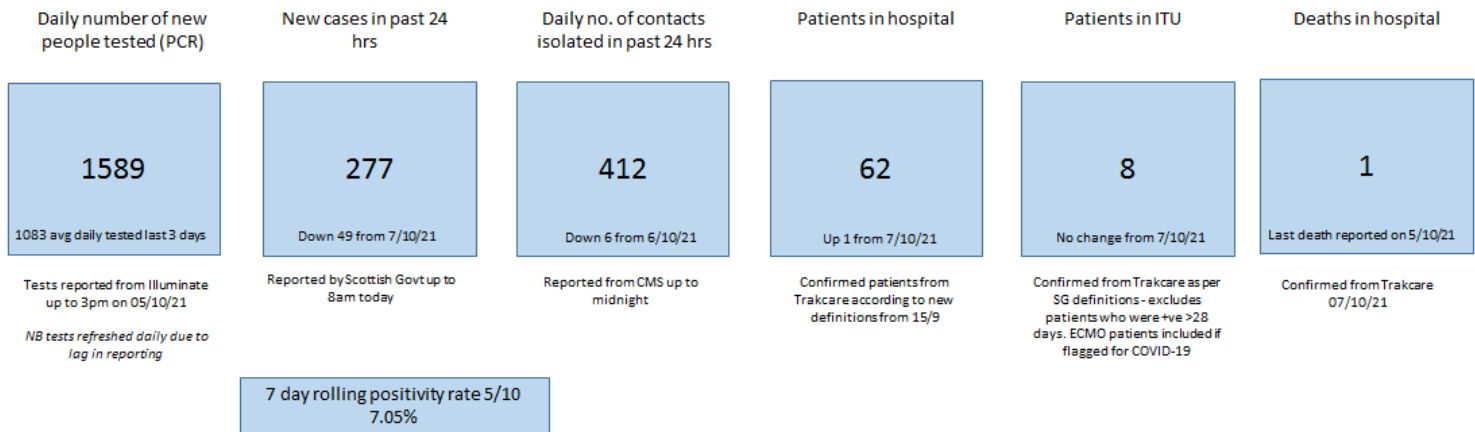
COVID-19 Brief

coronavirus



Here is the brief for Friday 8 October 2021.

Grampian data The local update for today is shown below.



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

International travel As of Monday (11 October) 47 countries will be removed from the international travel 'red list'. [The full list is available to view here.](#) Countries are now either classified as red or not – with the previous amber level restrictions the default for non-red territories and destinations.

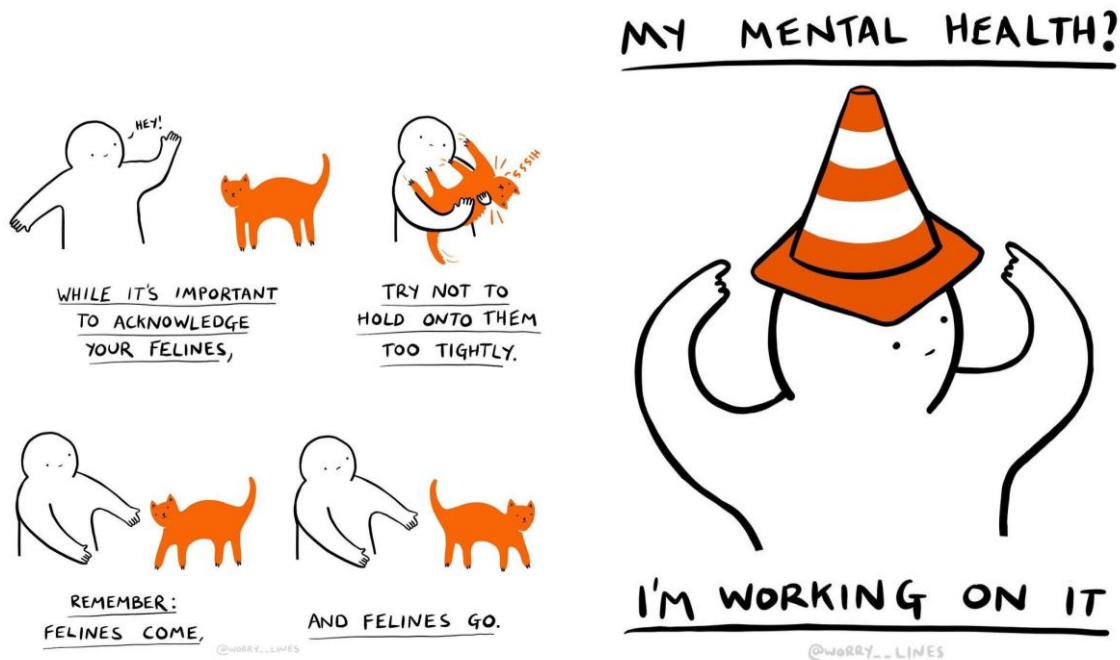
Pre-departure tests for fully vaccinated travellers from non-red countries have been removed. Travellers from non-red list countries who have been fully vaccinated in a country, meeting recognised standards of certifications, will no longer be required to provide evidence of a negative test result before they can travel to Scotland, and do not have to isolate on arrival. Scotland will also align with the UK post-arrival testing regime for eligible vaccinated travellers. Details for the UK are still being finalised.

As a reminder, if you require additional vaccinations for international travel, these are now available via participating community pharmacies. [More information is available on the dedicated travel vaccination website.](#) GPs no longer provide travel vaccinations.

Orange Award We send our warmest congratulations to George Findlay (Main Theatre Suite, ARI) and Kerry Cameron (AMH), both recent recipients of the Orange Award. This award recognises individuals or teams going above and beyond and nominated by their peers. If you want to nominate a colleague or team for an Orange Award all you need to do [is complete the online nomination form](#) or send an email with their details and what makes them award worthy to gram.nmahporangeawards@nhs.scot

Your Space Thanks to Taran Brodie who got in touch this week to make a book recommendation, and to ask what others have been reading. Taran says: "During lockdown, I've read several fantastic new books which I'd love to share with people, and I'm sure many others have books that they've enjoyed. I'd like to make the first suggestion: Shadow of the Conqueror by Shad M. Brooks. It's a phenomenally written fantasy novel which follows the travels of a former tyrant, haunted by immense guilt, as he's given a second chance to atone for his past sins, although his past constantly comes back to haunt him." Over to you – what have you been reading and enjoying?

[Sunday is World Mental Health Day](#). One of the aims of this brief has been to support your mental health. This covers everything from providing practical information to simply acknowledging those days (weeks? months?) when it has been a real grind. For the second week in a row, Worry Lines has come up with cartoons on this theme that really caught my attention (I promise I am not on their payroll)



Tune of the day We leave you with two requests today. The first comes from Stuart Stephen, who's gone for [Take it Easy by The Eagles](#). We are all working under extreme pressure right now, which makes it even more important that we do take every opportunity to take it easy. That's easier said than done, but no less important for that. Please, if you possibly can, make some time for yourself over the weekend. Whatever self-care looks like for you, do it. None of us can pour from an empty cup.

Our second tune is [Ring of Fire by Johnny Cash](#). Stuart Donald suggested this one, highlighting that it can feel like we are in a middle of a ring of fire right now. As part of our (award winning) catering team, Stuart also points out that next week is National Curry Week. I'm just going to leave that there...

If you're working this weekend, as ever, stay safe and look after yourself. The brief will return on Monday.

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