

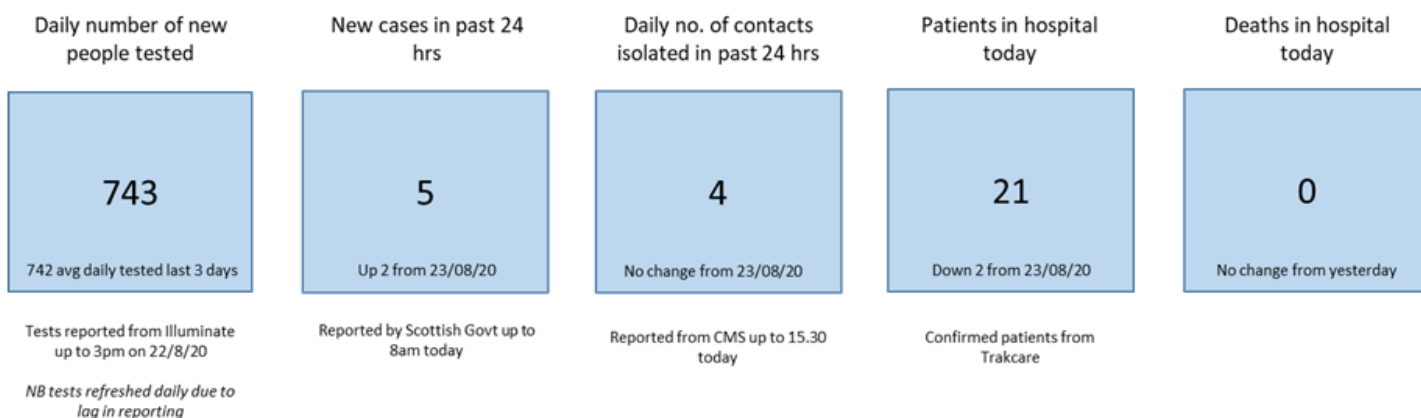
# COVID-19 Brief

coronavirus



Here is the brief for Monday 24 August 2020. Please ensure that you share this brief with colleagues and staff who do not have access to email, especially if they are self-isolating, otherwise working from home or do not have ready access to a PC. Briefs are shared on our dedicated website [covid19.nhsgrampian.org](https://covid19.nhsgrampian.org) which is updated continuously.

**Grampian update** The most up-to-date Grampian data about COVID-19 new cases, contacts and care in Grampian hospitals is shown below. The national data is now being provided by Public Health Scotland. You can view that [here](#).



**Aberdeen cluster update** The number of detected cases of COVID-19, associated with the Aberdeen city cluster is now 259. This increase (of 5) represents 2 new cases and 3 previously detected cases which, following detailed investigation, have an identifiable link to the hospitality trade in Aberdeen. The number of close contacts identified is now 1258. This has been revised down, following an error identified over the weekend

**Why haven't I been contacted?** We hear lots of anecdotes about people or workplaces who have heard about a positive COVID-19 case that a person has had contact with, or who has been in some establishment, and yet they have not been contacted by the Contact Tracing Team. This is not a breakdown in contact tracing but is due to the difference between a casual contact and a close contact.

If the day before someone develops their symptoms of COVID-19 they had lunch in a cafe, where they sanitised their hands on entry, the tables were spread out more than 2 metres apart, and were being cleaned after each customer left, the waiting staff were all wearing face coverings and the till was protected by a Perspex screen, then no-one in the cafe can be classed as a **close** contact. Therefore, the cafe does not need to be informed, nor any of the other customers contacted. People can be reassured that everyone who is a close contact is being contacted by the Contact Tracing team. **If you haven't been contacted, you are not a close contact.**

**Return of in-person visiting in Aberdeen hospitals** In light of the decision to ease the restrictions covering Aberdeen City, we are able to re-introduce in-person visiting, for one designated visitor per patient, to hospitals in the city. Please note this is not a return to 'normal' visiting routines; there are still restrictions on hospital visiting across Scotland.

For AMH, the following is now in place with immediate effect:

- For antenatal or postnatal outpatient appointments and ultrasound scans women can identify one supportive person to accompany them to these appointments.
- Women in labour can be accompanied by a birth partner (as an essential visitor) and a second birth partner if requested, subject to the need to maintain physical distancing wherever possible.
- Following the birth of a baby, patients can identify one designated visitor by arrangement in addition to their birth partner (essential visitor) in inpatient ward areas. These arrangements should be agreed with the ward staff prior to the designated visitor attending the hospital.
- Partners or designated visitors who are ill or showing any symptoms of coronavirus should not attend the hospital.

From tomorrow (25/8) most other hospital areas in Aberdeen will resume in-person visiting by one designated visitor per patient by pre-arranged appointment. There are some areas that still have restrictions place. Notably, surgical wards will continue to offer visiting only for those patients who have been in hospital for 14 days. In critical care areas, individual plans are in place dependent on clinical need. Information on both in-person visiting and the virtual visiting scheme is available [here](#).

**Skype for Business/NHSMail** eHealth have received notification today that Skype for Business through NHSMail will be deactivated from **Tuesday 25th August**. This will result in the small number of NHS Grampian staff that logged into Skype for Business using their NHSMail accounts no longer being able to do so. Meetings should be re-scheduled using Microsoft Teams. If you are due to attend a Skype for Business meeting arranged by a partner organisation this will not be affected. We apologise for the short notice; this is outwith our control as this environment is managed by NHS Digital.

**Free access to mental health apps** The Scottish Government have teamed up with Big Health to provide all health & social care staff in Scotland with free access to their apps, Sleepio and Daylight. Sleepio is a fully automated, highly personalised 6-week digital sleep improvement programme based on cognitive behavioural therapy (CBT); Daylight is a form of personalised self-help with specific guidance based on a user's particular problematic thoughts, behaviours, and responses to worry and anxiety. Both apps are available, along with a range of self-help and support guides, via the National Wellbeing Hub [www.promis.scot](http://www.promis.scot).

**Cycle2Work scheme** Getting regular exercise supports not only our physical health but our mental health too. We continue to work with Halfords to provide NHS Grampian staff with the opportunity to participate in the Cycle2Work scheme. This enables you to hire a bicycle for travelling to work and for leisure. The hire of the bicycle is paid for by 'salary sacrifice' reductions in your salary. As your taxable salary will be reduced while you are paying for the bike, then depending on your personal tax circumstances, you will pay less tax and national insurance. You can now apply for up to a maximum of **£2,500** for a new bike and safety equipment through this scheme. More information and the T&Cs are available on the [Staff Scrapbook](#) section of the staff intranet (please note that link will not work on non-networked devices)

**Thought for the day** The answer to our question of the day from Friday (see below) has highlighted that, for some of you, the going is still pretty tough. Firstly, if you are finding things difficult, please reach out. This could be to colleagues, your manager, or via our [psychological resilience hub](#). Support is available, please do not let problems fester. Secondly, there is some cause for optimism. The restrictions covering Aberdeen City are easing, while nationally we are seeing some more signs of 'normal' life with the return of outdoor contact sports and some outdoor live events from today. We're far from finished with COVID-19 – and we will all have to keep sticking to a cautious approach – but there is a little light at the end of tunnel.

