

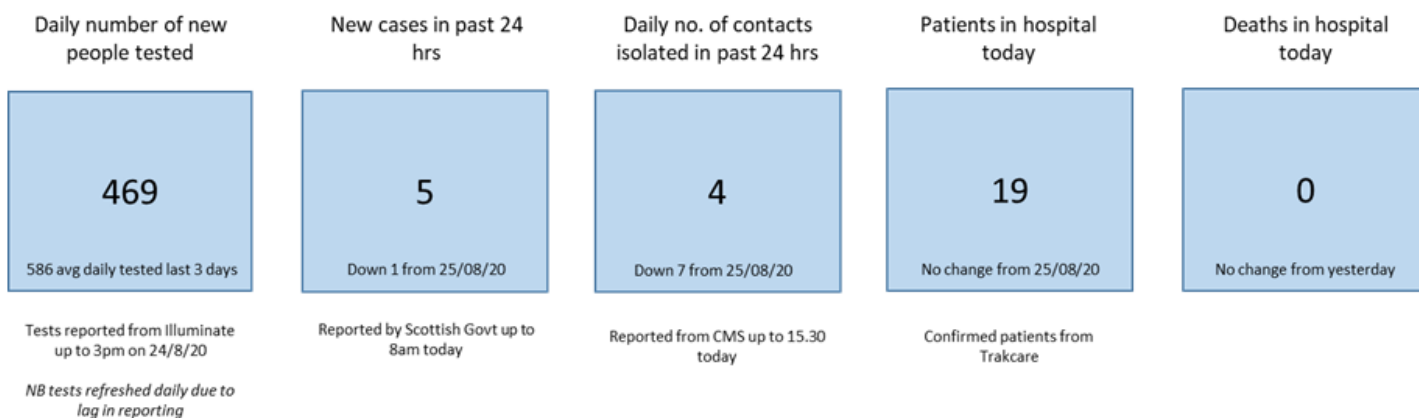
COVID-19 Brief

coronavirus



Here is the brief for Wednesday 26 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 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](#).



A day in the life of a contact tracer We've heard a great deal about the Test & Protect team and the significant amount of work they have done during the Aberdeen outbreak. You might be wondering, what is actually involved in contact tracing? Fiona Browning, one of our Health Protection Nurse Specialists, is here to fill you in:

“Throughout the day newly detected cases of COVID-19 in Grampian are loaded into our Case Management System (CMS). Each new case that drops into the system is assigned to a contact tracer for initial assessment. We have a pool of local contact tracers as well as access to the National Contact Tracing Centre who help us out when we are really busy.

“We call and interview every new case taking details of their symptom onset, what symptoms they've had, if any friends or family have similar symptoms, where they have been, who they may have met and so on. This relies on the person accurately recalling all this information, so sometimes we will have several conversations with each case.

“We need this information to help us work out with whom they have been in close contact – these individuals are at increased risk of developing COVID-19. Close contacts are usually someone they live with, or someone they spent a longer period of time with when they have not been socially distanced – for example meeting for lunch or visiting another household. The closer they have been to someone, the less time they need to have spent together to be considered a close contact.

“Once we have a list of *close contacts*, we telephone them all to advise on self-isolation and provide information on infection prevention and control measures to be taken at home as well as how to access support if required. These phone calls can be difficult; people are naturally worried about their health and their families, how they are going to manage a 14-day period of self-isolation, they are often worried

about work or school and many other questions arise. We do our utmost to reassure them and offer advice on the support available around practical things like food shopping or walking the dog. We always remember that there are real people with real concerns on the other end of the 'phone but we have to reinforce that compliance with the isolation advice is crucial to controlling the spread of coronavirus.

"I've seen cases who only have one or two contacts: I've also seen cases with more than forty close contacts. We have had almost 600 cases since the end of July so you can get a sense of how much work the team has had to do. It hasn't been easy, but I am really proud of the way everyone working on this locally has pulled together to get this done quickly and consistently.

"The outbreak in Aberdeen is now under control, but our team is still hard at work. If I could give a message to everyone reading this, it would be 'keep your distance'. Minimising close contact with people outside your immediate household will help limit the spread of this virus."

Aberdeen cluster update The number of detected cases of COVID-19, associated with the Aberdeen city cluster, is unchanged at 261. The number of close contacts identified remains at 1262.

O365 – Email Migration – Accounts Now Created! The technical preparation steps for the migration are now well underway and all accounts should be created. Staff can now logon to their new Office 365 outlook email account from www.office.com. **Please remember that emails/folders are still being copied. Do not be alarmed if all your inbox content is not visible. New email accounts should not be used until migration is fully completed at 6pm on 1 September 2020.** Further support, guidance and information is available on the [Office 365 SharePoint Site](#) or the Digital Champions TEAM ([GRAM DIGITAL CHAMPIONS](#)).

Thought for the day – Reach Out (I'll be there) It's really easy to feel disconnected or isolated at the minute. Many of us are still working in different locations, with different teams, or flying solo at home. The importance of being part of a team, of sharing the same experiences, cannot be underestimated. Many of you will have a 'work family' who you spend as much, if not more, time with than your actual family. We have built strong teams here in Grampian and those bonds won't be easily broken. Stay in touch with each other, seek support from each other. You will be glad that you did.

Today's thought is, of course, inspired by a Four Tops classic. It is also inspired by those of you who reached out following yesterday's thought for the day – thank you.

Question of the day Yesterday we were asking about the guidance on the use of face coverings. As of 16.00 today, the results are as follows:

How well do you understand the rules on face coverings? Are these statements true or false?

 Mentimeter



Here are the correct answers (all taken from Scottish Government guidance, available to read [here](#))

Q1 – True

Q2 – False. Face shields should be used alongside a face covering. On their own shields offer limited protection.

Q3 – True

Q4 – True

Q5 – False. Any disposable face coverings you use, outside the clinical setting, should go directly into a general waste bin.

We hope our questions on Monday and Tuesday have provided a useful refresher on the current guidance; please remember the face coverings rules apply to our lives outside of work. Keep following the PPE guidance appropriate to the area you are working in.

With the reopening of licensed premises in Aberdeen today, we're asking how you are feeling about going out and about. To answer the question, click [here](#) or copy this link into your browser:

<https://www.menti.com/isn5penp1q>

Comments? Suggestions? If you have feedback about this brief or questions about the content please do not hesitate to get in touch via gram-uhb.staffquestions@nhs.net