

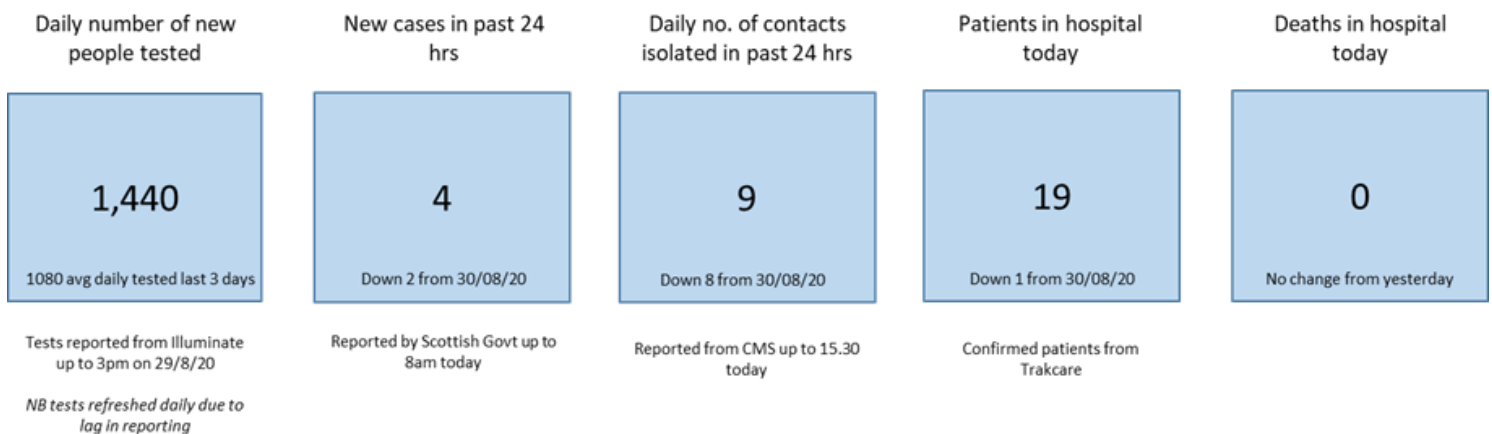
COVID-19 Brief

coronavirus



Here is the brief for Monday, August 31, 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](#).



Covid testing for health and social care staff with symptoms Staff should continue to self-isolate and seek testing for the long list of symptoms in the [staff testing FAQ](#), but their household members should now follow the testing advice on [NHS Inform](#). This means that testing of household members should only be carried out if they have one or more of the 'classic' Covid -19 symptoms of fever, new continuous cough and loss of or reduction of the sense of taste or smell. This advice is set out in a table in the updated staff testing FAQ.

NHS Grampian staff are reminded to use the drive-thru Covid testing facility at Foresterhill and not other testing facilities. Simply click on the link below and complete a Staff COVID-19 Testing Form: [Staff COVID-19 Testing Request Form](#)

Staff distancing Staff are reminded of the importance of social distancing at all times – including on breaks and in areas including staff rooms. In instances where break areas cannot accommodate social distancing, staff should leave their ward/department and go to a less busy area, in order to reduce the risk of potential infection spread and help ensure the safety of patients, their colleagues and themselves.

Covid visiting changes In order to support visiting within Aberdeen Maternity hospital, Aberdeen Royal Infirmary and Dr Grays Hospital visitor passes will be introduced in these clinical environments as of September 1. Anyone identified as the essential or designated visitor for patients in any of the above three hospital settings will be provided with a visitor pass. This will be discussed with the patient and the visitor prior to any planned visit. All other guidance remains the same including that all visits are by pre-arranged appointment and that ID (preferably photo id) is required by all visitors.

New email To access your new email your Office365 account will need to be active. If you have already logged into TEAMS, then the account will be active – if not you will be required to activate the account when you attempt to access your new email. The password for your Office365 will be the same

password as you use to log into the PC (on switch on or to unlock the PC). Sign in to <http://www.office.com> now to activate your account if you have not already done so. Preparation work for email migration has now commenced for all Grampian nhs.net users except staff members who joined NHSG since June 2020, Pharmacy, Optometry and Dental primary care contractor groups. Staff members who have recently joined will migrate later in September. Contractor groups will migrate in October. For most staff, migration to the new email system is at 6pm on Tuesday 1st September 2020.

Lab downtime Tomorrow Clinical Biochemistry will be going live with new analysers. In order to facilitate this, a downtime between 9am and 11am is necessary. Only **emergency** samples will be analysed during this time. Routine samples received during this time will be analysed once normal service is resumed. If you require any more information please contact Clinical Biochemistry on Ext 51122.

Thought for the day It is the day many have been waiting for since March, with gyms and swimming pools reopening. For others it's a time to start dusting off the list of excuses we use for leaving out kit bags in the cupboard for another day – for instance, this Comms Officer's bag is currently structurally integral to a pile of their partner's shoes that they don't want to deal with the aftermath of disturbing. While the physical benefits of these facilities opening again are obvious, and very welcome, there is also a mental aspect of returning to exercise and stepping into the 'new normal'. For some the move towards their old routine and some sense of normality will come as a phenomenal boost, while on the other hand some might worry about returning to the gym and being around other people inside – and there's absolutely nothing wrong with either of these view points and it's understandable if you experience some level of internal conflict in deciding how to personally move forward.

Some gym-goers will bound back through the doors with a spring in their step to towards the weight racks and treadmills like they have never been away and love every minutes. But if you don't feel ready, you are not alone. There is nothing wrong with waiting until you feel more reassured and ready to return to 'normal'.

And that logic extends beyond the fitness industry. This weekend was the first the hospitality sector had reopened since Aberdeen's localised restrictions were lifted. Some people will have rushed back through the doors, others will have looked on worried about any potential consequences from afar.

There's no right or wrong way to feel – but there are right and wrong ways to act.

While the management and staff at these facilities play a key role in ensure they are safe to attend – either in the hospitality or leisure sector – each of us needs to hold ourselves to account and ensure we are personally responsible for our actions.

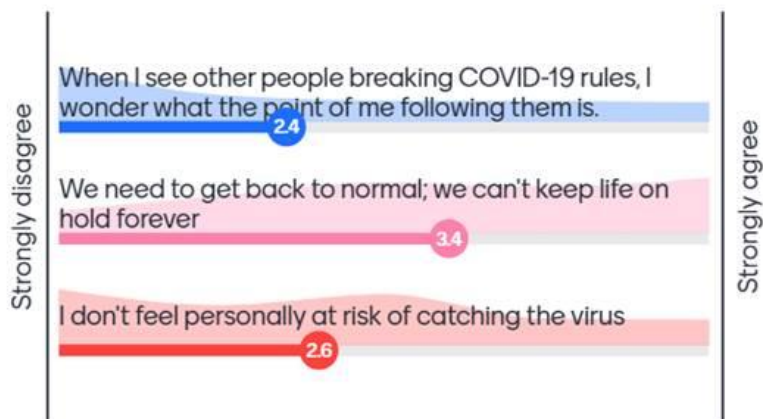
Keep your distance from people, wear a mask where needed, wash your hands and take all the care you can. Importantly, if you see something that worries you speak out. Tell a friend they need to step back slightly, speak to the staff at the facilities if you don't feel you have enough space or other customers are worrying you. With regards to businesses if you're still worried, report the issue to the relevant local authority through their online services.

If we all band together and get it right, then hopefully down the line we'll be having similar thoughts about returning to concerts, sporting arenas or the theatre.

While it is welcome to see life return to some sense of normal, don't feel pressured to move forward at the same speed. Take your own time and do what is right for you and your loved-ones.

Question of the day Last week we asked young people (13-19) for their views on COVID-19 and thanks to all of you who shared this message with family and friends. The number replying increased from 88 to 284 with results as follows:

How much do you agree/disagree with these statements?



284

Today we are asking how you feel about returning to gyms and swimming pools. To answer the question, [click here](#) or copy this link into your browser: <https://www.menti.com/aqxp1skebf>

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