

Here is the brief for Tuesday 31 August 2021.

Self-isolation and return to work guidance for health & social care staff – UPDATE New guidance has been received which changes the position on exemption from self-isolation and return to work for health & social care staff identified as a close contact of a confirmed case of COVID-19.

It will now be possible for you, as health & social care staff, to end self-isolation early and return to work (subject to certain conditions) **even if you are a household contact of a confirmed case (e.g., partner/child/housemate)**

There has been no change to the other conditions you must meet, to be considered eligible for self-isolation exemption and return to work. Remember, you **must** go into isolation **as soon as** you are told you are a contact of a confirmed case. However, you can shorten your isolation period if you are aged 18 or over and you:

Are fully vaccinated. This means you've had both doses of the COVID-19 vaccine (vaccine must be approved by regulators in the UK or EU or USA), and the second dose was more than 14 days prior to exposure to the case

Have no symptoms of COVID-19 and do not develop any symptoms

Book a PCR test and have a negative result confirmed (the sample must have been taken AFTER contact with the confirmed case.

Take a daily lateral flow device (LFD) test for 10 days following last exposure to the case.

All test results (even if they are negative) should be reported to your line manager **as well as** logging them through the [NSS COVID testing portal](#).

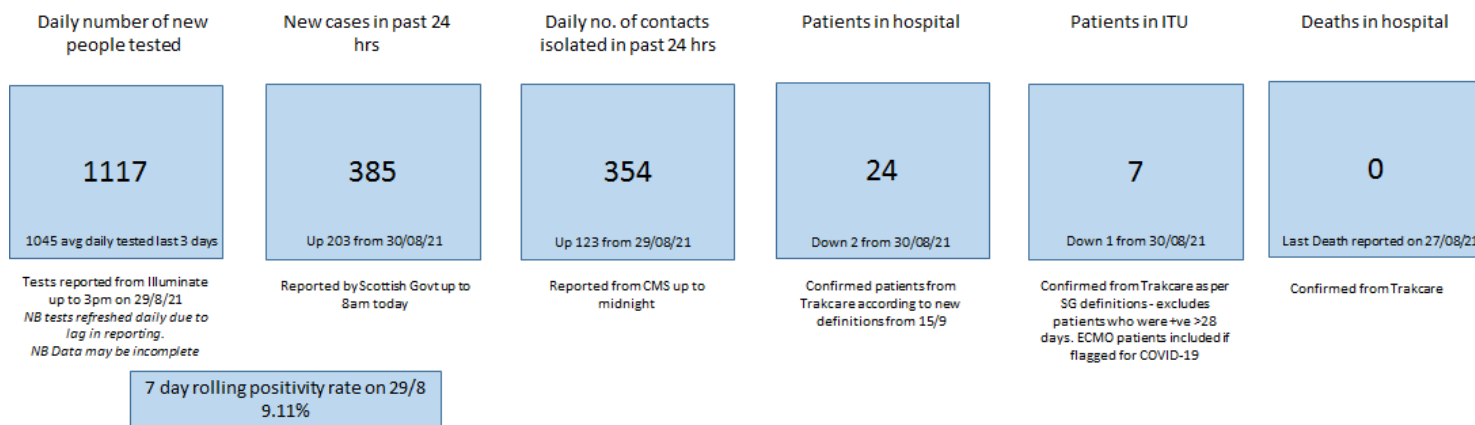
You do not work with immunosuppressed patients – for example in oncology settings or patients at high clinical risk. If you do work with immunosuppressed / high clinical risk patients, you will be asked by your line manager to work within other areas

You continue to follow infection prevention and control guidance.

If you develop symptoms, or return a positive test, you must immediately isolate, and arrange a further PCR test

If you are confirmed to have COVID-19, you must complete 10 days of self-isolation, without exception.

Grampian data The local update for today is shown below. A national update is available on the [Public Health Scotland daily dashboard](#).



Agenda for Change Pay Award It is payday for those of us working for NHS Grampian. The salary uplift from the revised pay award for Agenda for Change staff was processed in June 2021 salaries. Arrears of pay, backdated to 1 December 2020, have been processed in August salaries. On receipt of your payslip please remember that a 1% “payment on account” pay uplift was applied in March 2021 salaries with arrears, backdated to 1 December 2020, having been paid in April 2021. Arrears of pay for the revised pay award will take account of such arrears already processed.

Your arrears payments may be split into various descriptions of arrears; this is required for reporting purposes in terms of which values relate to a previous financial year. Whatever description is used it does not affect the total arrears payments being processed.

Supporting Unpaid Carers Many of the people we care for will have someone supporting and caring for them. Many of those people will be Unpaid Carers looking after a loved one, very often whilst trying to juggle their own ill health, school, childcare, work and a whole host of other everyday concerns and priorities. Without the love and care provided by Unpaid Carers we would not be able to provide the services that we do. Supporting Carers means listening to them and involving them in discussions with and about the person they care for. The Carers (Scotland) Act 2016 includes the duty that each health board must ensure that, before a cared-for person is discharged from hospital, it involves any carer of that person in the discharge.

Healthcare Improvement Scotland are currently trying to understand the impact of the Carers Act on the involvement of carers in hospital discharge and have asked us to ask you to complete a short survey to help them. We would greatly appreciate if you could take the time to [share your views by completing this short survey](#). The survey will close at 12pm on Monday 6th September.

International Overdose Awareness Day – 31 August In 2020, 1,339 people died from a drug-related death in Scotland, 99 of them in Grampian. This is the seventh year in a row where there has been a record number of drug overdose deaths. Opioid drugs (e.g., methadone, heroin, morphine) were present in almost 90% of deaths. If naloxone had been present, some of these lives might have been saved.

Naloxone is a safe and easy to use medication which can temporarily reverse the effects of an opioid overdose – buying time for an ambulance to arrive. In Grampian you can learn how to use naloxone and get a supply if you are:

- Someone at risk of opioid overdose
- Likely to witness an opioid overdose (either a member of the public or service)

Alcohol and Drugs Action (ADA) staff are trained to use and to supply naloxone. [This short clip shares some of their staff member stories on how they have used naloxone to save lives.](#)

Any service or team in contact with people at risk of overdose can be trained to supply naloxone. If your team wants to find out more contact gram.smspharmacists@nhs.scot The NHS Grampian website also contains some great links for those of you wanting to find out more. www.nhsgrampian.org/overdose

Top tips for protecting data Here are today's top tips for keeping data safe at work.

- Include a return address on your envelopes

If you send a letter and it ends up at the wrong address, the person who receives it by mistake can return it without opening it if you put a return address on the back. If you're concerned about identifying a letter from the NHS, double-envelope the contents and put the return address on the back of the inner envelope.

- Disable autofill in your email settings

If people's email addresses come up automatically when starting a new email message then you have autofill enabled in your settings. While this tool might save time, it could cost you if you send an email to the wrong person by mistake, so it's a good idea to disable it. [You can find more information on how to do that by scrolling down this page from Microsoft Support.](#)

If you have any questions or concerns about data protection, please contact Information Governance - gram.infogovernance@nhs.scot If you think you've had a data incident, please report it via Datix immediately.

Tune of the day A big thank you to Susan Jensen, who takes us in a very unexpected direction for today's tune. As you may have noticed, sea shanties have become a bit of a 'thing' over the course of the pandemic and with every popular trend there are, inevitably, gatekeepers. You have to look, or sound, or just be a certain way to participate. [The Longest Johns disagree, as Got No Beard](#) makes very clear!

We're always on the look-out for your suggestions of a great song to end the day (or start it, depending on when you read this brief) so just drop us a line via gram.communications@nhs.scot That's also your first port of call if you've got any queries or an item to share.