

Here is the brief for Tuesday 13 July 2021.

Easing of Restrictions In an update to the Scottish Parliament today, the First Minister confirmed that those parts of the country not already in Level 0 will move to that Level from **Monday 19 July**. The government has agreed some modifications to this recognising the current case rates. [Full details on the changes can be found on the Scottish Government website and we would encourage everyone to read these in full](#). However, the key points are as follows:

From Monday 19 August:

- 8 people, from 4 households can meet indoors in private homes; 10 people, from 4 households can meet in public indoor spaces (cafes, pubs etc); 15 people, from 15 households can meet in any outdoor space.
- Physical distancing in indoor public spaces will reduce to 1 metre (where 1 metre not already in place). Groups meeting outside are not required to distance from each other, but should distance from other, separate, groups.
- There will be no requirement to self-isolate on return from an Amber List country **provided** a PCR test taken on day 2 of a trip is negative **AND** that an individual is double vaccinated by the UK programme. The current guidance is to only travel overseas when absolutely necessary.
- Hospitality venues will close at 12midnight across Scotland and not according to local licensing laws.
- The Scottish Government continues to ask everyone to work at home where possible. NHS Grampian has already advised working at home is expected to be the default until the end of this year.

The First Minister also indicated that Scotland presently remains on course to move 'beyond zero' from 9 August, though there will be further updates on this. She confirmed the blanket requirement to self-isolate as a contact of a positive case is being reviewed. The plan under consideration would see those who produce a negative result following a PCR test **AND** who are double vaccinated (at least 2 weeks post 2nd dose) no longer required to self-isolate. However, the rules on self-isolation **remain the same at present and must be followed**. A further part of the self-isolation review is looking at the requirement of school/class bubbles to self-isolate.

The Chief Medical Officer intends to write to those most clinically vulnerable to COVID-19 as a result of their current condition this week, and a survey is to be issued to everyone in this group.

Finally, the mandatory use of face coverings remains in place.

Grampian data The local update for today – and across the long weekend – along with the 7-day rolling positivity rate is shown below. As a reminder, this rate is arrived at by dividing the number of positive tests in the past 7 days by the number of tests carried out in the past 7 days. Repeat tests are included in both categories. The figure for the “daily number of new people tested” is only for the number of tests for people who have not been tested previously. As noted in the diagram below, we have been advised the testing data may be incomplete.

	Daily number of new people tested	New cases in past 24 hrs	Daily no. of contacts isolated in past 24 hrs	Patients in hospital	Patients in ITU	Deaths in hospital
Sat 10/07	791	174	163	25	2	0
Sun 11/07	454	192	170	24	2	0
Mon 12/07	680	180	211	29	4	0
Tues 13/07	678	200	316	32	5	0

604 avg daily tested last 3 days

Tests reported from Illuminate up to 3pm on 13/7/21
NB tests refreshed daily due to lag in reporting.
NB Data may be incomplete

Up 20 from 12/07/21

Reported by Scottish Govt up to 8am today

Up 105 from 12/07/21

Reported from CMS up to 15.30 today

Up 3 from 12/07/21

Confirmed patients from Trakcare according to new definitions from 15/9

Up 1 from 12/07/21

Confirmed from Trakcare as per SG definitions - excludes patients who were +ve >28 days. ECMO patients included if flagged for COVID-19

Last recorded death 26/06

Confirmed from Trakcare

7 day rolling positivity rate on 13/7 7.2%

A national update is available on the [Public Health Scotland daily dashboard](#).

Long COVID – will I ever get better? Last night's edition of Panorama focussed on Long COVID, in particular the experience of BBC Scotland reporter Lucy Adams, who fell ill with the virus last March and has dealt with long term symptoms ever since. The programme may be of interest and is available to watch on the BBC iPlayer at the following link: [Long COVID – will I ever get better?](#)

Health and Safety – Mandatory training NHS Grampian staff are reminded of the importance of keeping mandatory training for both Management of Violence & Aggression and Moving & Handling up to date. Mandatory training includes the online Turas Learn eLearning packages:

[Management of Violence and Aggression](#) – annually

[Moving and Handling \[Module A\]](#) – every 2 years

Please sign in to your Turas account before clicking on the links above. The level of practical training required for your role will be identified by your local risk assessment. Assessments/updates for any practical training should also be maintained as per NHS Grampian Health and Safety policies. Staff competence in these areas will ensure the health, safety and wellbeing for yourself, patients and work colleagues. Competence may include:

- Being able to identify triggers, to reduce the risk of escalation leading to a potential violent or aggressive outburst.
- Able to utilise de-escalation techniques to reduce the risk of a violent or aggressive outburst
- Identifying the correct equipment and number of staff for a task
- Reducing the risk of cumulative strain by using efficient movement.

PPE donning & doffing training This training is taking place fortnightly during the school holiday period. The next sessions will take place on 20 July and 3 August, at 11am and via Teams. If you need

to wear PPE as part of your work duties, keep your skills sharp! You can book your place by emailing gram.ipc-donn-doff-training@nhs.scot

Scottish Health Awards 2021 Nominations have opened for this year's Scottish Health Awards, recognising the best and brightest working in healthcare throughout Scotland. [There are 16 categories, full details are available on the event website](#); nominations close on 26 August.

Thought for the day There's a lot to digest following today's update on the easing of restrictions. Too fast? Not fast enough? Sensibly cautious or holding the country back? However you are feeling – delighted, relieved, frustrated, nervous, angry, resigned and/or exhausted – remember those feelings are valid, and so too are the feelings of others. There will likely be a lot of noise on social media (when isn't there, frankly?) and among your family and friend groups. Try to tune that out, as best you can. Take some time to read about the changes in full and understand what they mean for you - that doesn't have to be tonight, incidentally – the Scottish Government website will still be there in the morning.

Tune of the day Lynne Edmonstone (Community Mental Health Nurse) takes control today, suggesting [Don't Stop by Fleetwood Mac](#). It's an uplifting song from the Rumours album, arguably one of the best albums ever produced, and certainly one of the biggest selling. Quite the achievement when you consider the band were barely on speaking terms with each other throughout recording.

Get in touch! If you've got a question, an item to share with people working in health & social care, or just want to suggest a tune of the day, we want to hear from you! Drop us a line via gram.communications@nhs.scot.