

Here is the brief for Monday 23 August 2021.

**Self-isolation – Who? When? How? What?** As promised last week, we are going to provide more information on the new self-isolation guidance and how it might affect you, depending on the role you carry out. Over the coming days, we're going to present some different scenarios and explain what will happen. This has been prepared by the Public Health team, using information available on NHS Inform – [you can consult this for yourself by clicking here](#). Our first scenario looks at someone who works in an outpatient clinic, but this guidance would apply to anyone working in a patient or client facing role in a health or social care setting:

**I am a nurse at an outpatient clinic. My partner, who I live with, has tested positive for COVID-19. I would like to go back to work. What do I do now?**

At present it is not possible for someone who works in a health and social care setting to attend work if they have ongoing contact with the person who tested positive. In this situation, you would not be able to attend the workplace. However, in discussion with your line manager, there may be duties you can do from home.

**I cannot go into work, but can I do other activities?**

Yes, if you meet certain criteria (see below) then you are able to shorten your isolation period for activities outside of work. This is in line with the guidance for the general population.

**What are the criteria which mean I can shorten my isolation period?**

You must go into isolation when 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:

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 ago

Have no symptoms of Coronavirus and do not develop any symptoms

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

Remember, if you have **ongoing contact** with the person who tested positive **and** you are a health and social care worker, you **cannot** attend the workplace.

**If you do not have ongoing contact with the person who tested positive (for example you do not live with them) then you can go back to work so long as you meet the following conditions:**

Fully vaccinated: 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 ago

Have no symptoms of Coronavirus and do not develop any symptoms

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

Take a daily lateral flow device (LFD) test before starting work for the 10 days since you last saw the person who tested positive

All negative test results 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. If you do work with immunosuppressed patients, you may be asked by your line manager to work within other areas

You continue to follow infection prevention and control guidance.

### **What if I develop any symptoms of Coronavirus?**

If you develop any symptoms then you must isolate and book a test, using the [Staff Testing Request form](#). If you work in health & social care we ask that you always use this testing service and not the UK Government testing sites (e.g. at Aberdeen Airport)

### **What if my PCR test comes back positive?**

Whether you are tested because you want to shorten your self-isolation period or because you have symptoms then you must continue your isolation if you have a positive result. NHS Contact Tracers will be in touch and will advise when you can finish your isolation. They will also identify other close contacts.

**Research update** It seems like barely a day goes by without another piece of research on COVID-19 (transmission, treatment, vaccination) being published. To help you understand what these findings actually mean, we've called on the expertise of Prof Corri Black and the NHS Grampian Librarians. This could become a regular feature in the brief – we welcome your feedback!

[Impact of Delta on viral burden and vaccine effectiveness against new SARS-CoV-2 infections in the UK](#) (Pouwels et al NIHR, Oxford University)

This new study investigated the effectiveness of the vaccines in a large community-based survey including repeated PCR swabbing of randomly selected households across the UK, from Dec 2020 to Aug 2021. 200,000 households surveyed during both an Alpha dominant phase and a delta dominate phase.

### **Key findings from the study:**

- Two doses of vaccine remains the most effective way to protect against the COVID-19 Delta variant
- With Delta, Pfizer and Oxford-AstraZeneca vaccines offer good protection **against getting new infections**, but effectiveness is reduced compared with Alpha.
- In those who do develop Delta infections despite two vaccine doses, they still develop a heavy viral load in the nose and throat, as much as someone who is unvaccinated and becomes infected. That means if you are vaccinated and do develop infection, you are still as likely to **transmit the infection** to someone else. (That is different to Alpha variant, where virus load, and therefore risk of transmission, was much lower after vaccination). This is another reason to vaccinate as many people as possible to minimise the opportunity for further infections to occur.

**Smarter Workplaces – have your say!** Do you want to influence the future shape of our workplaces? If so, have you completed the Smarter Workplaces survey? It is open until Friday 3 September - a big thank you to the 810 people who have already had their say. [This link takes you to the survey, which takes about 5-10 minutes to complete](#). Alternatively, you can scan the QR code below:



**Grampian data** The local update for today (and across the weekend), including 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.

	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 21/08	698	174	167	25	6	1
Sun 22/08	698	146	157	23	6	0
Mon 23/08	633 <small>676 avg daily tested last 3 days</small>	149 <small>Up 3 from 22/08/21</small>	167 <small>Up 10 from 21/08/21</small>	24 <small>Up 1 from 22/8/21</small>	6 <small>No change from 22/8/21</small>	0 <small>Last recorded death 21/08/21</small>
	<small>Tests reported from Illuminate up to 3pm on 21/8/21 NB tests refreshed daily due to lag in reporting</small>	<small>Reported by Scottish Govt up to 8am today</small>	<small>Reported from CMS up to midnight</small>	<small>Confirmed patients from Trakcare according to new definitions from 15/9</small>	<small>Confirmed from Trakcare as per SG definitions - excludes patients who were +ve &gt;28 days. ECMO patients included if flagged for COVID-19</small>	<small>Confirmed from Trakcare</small>
	<b>7 day rolling positivity rate on 21/8</b> 5.45%					

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

**Aberdeen City HSCP strategic plan 2022-2025** Thank you to those of you that have taken the time to feedback your thoughts on the refresh of the Aberdeen City HSCP strategic plan through the survey and attending staff engagement sessions. There are still a number of ways for you and your team to get involved:

- A member of the project team can attend either one of your team meetings or a one-off meeting convened by yourselves.
- You can attend an engagement session which is open to everyone – internal staff and partner staff, and will be held via Microsoft Teams on Tuesday 7 September 3-4pm. To book a place please click on this [link](#).
- Alternatively, you can complete the following [survey](#) or email your views to [ACHSCPTransformation@aberdeencity.gov.uk](mailto:ACHSCPTransformation@aberdeencity.gov.uk) before **Friday 3<sup>rd</sup> September**.

**Tune of the day** Mondays can be tricky things at the best of times. They become trickier still when you’re returning from a week off! To say I was not firing on all cylinders at the start of the day would be to put it mildly. However, it’s amazing what a little desk disco can do! If you’re a regular listener to 6Music, you’ll know Lauren Laverne has a feature called Cloudbusting – a mix of upbeat tunes to chase the Monday blues away. Her first tune today was [Use It Up, Wear It Out by Odyssey](#) – it’s my gift to you at the end of the day.

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](mailto:gram.communications@nhs.scot) That's also your first port of call if you've got any queries or an item to share.