

Here is the brief for Friday 31 December 2021.

**Testing and Isolation NHSG health and social care staff.** There are a lot of questions about the changes in policy and guidance, especially with infections rising and demand for testing increasing. We have put together a Q&A with the most commonly asked questions. Do get in touch at [gram.communications@nhs.scot](mailto:gram.communications@nhs.scot) if you still have queries.

### **1. Someone I live with (e.g. husband/wife/partner/child/flatmate) has one of the three COVID-19 symptoms. What should I do?**

Book a test for your household member and yourself through the NHS Grampian staff testing service ([NHS Grampian staff testing service](#)). You and your whole household should isolate until your test results come back.

### **2. Someone I live with has had a positive LFD test. What should I do?**

You should book a PCR test through the [NHS Grampian staff testing service](#) for your household member and yourself at the same time, and isolate until your test results come back. Inform your line manager.

If you both test positive you will both need to isolate for ten days at home.

If you both test negative, there is no further action to take. You can continue to attend work as normal provided you are well, although continue to test regularly using LFD tests

If your household member tests negative and you test positive, you will both need to isolate for ten days at home. If your household member becomes symptomatic while they are isolating, book a PCR test for them through the staff testing service.

If your household member tests positive and you test negative then you will both need to isolate for ten days at home. If you are asymptomatic, and you have had both doses of the vaccine and a booster at least 14 days before the date of your household member's positive test then you may be eligible for [exemption from isolation to return to work](#). You will need to discuss with this your line manager. This exemption is for the purpose of going to work only. A reminder about this was issued in the [Staff Daily Brief](#). If you do return to work you will need to follow all IPC guidance, undertake daily lateral flow tests for ten days and report your results. If you develop any COVID or extended symptoms, you should isolate at home immediately and book a PCR test.

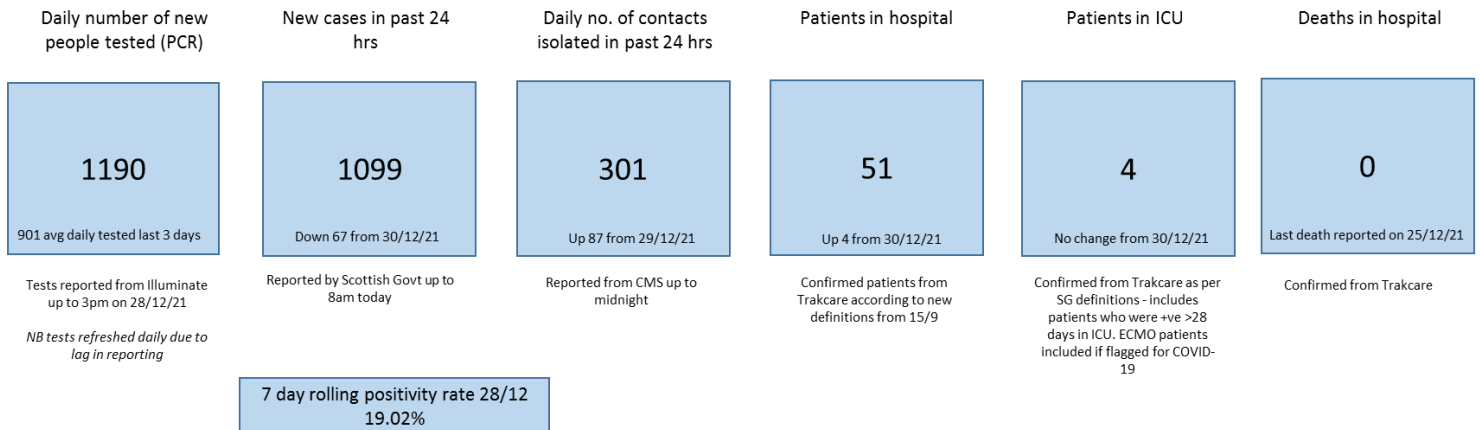
### **3. Someone I live with has had a positive PCR test. What should I do?**

You should isolate at home, book a PCR test through the NHSG staff testing service.

If you test positive you will need to isolate for ten days at home.

If you test negative then you need to isolate for ten days at home. If you are asymptomatic, and you have had both doses of the vaccine and a booster at least 14 days before the symptom onset date or date of your household member's positive test then you may be eligible for exemption from isolation to return to work. You will need to discuss this with your line manager. This exemption is for the purpose of going to work only. If you do return to work you will need to follow all IPC guidance, undertake daily lateral flow tests for ten days and report your results. If you develop any COVID or extended symptoms, you should isolate at home immediately and book a PCR test.

**Grampian data** The local update for today. 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.



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

**Temporary Change to Fit Notes** Due to legislative changes made by the UK Department for Work and Pensions there has been a temporary change to the issue of Fit Notes for Statutory Sick Pay (SSP). The Scottish Government have issued [DL \(2021\) 53](#) which explains how this will be applied in NHS Scotland and also includes a useful Q&A. In summary:

- The requirement for a medical certificate (Fit Note) to be provided for access to SSP after 7 days of sickness absence has temporarily increased to 28 days.
- This is for a time limited period only and will end on 27<sup>th</sup> January 2022, meaning any periods of up to 28 days' sickness absence commencing between 10<sup>th</sup> December 2021 and 26<sup>th</sup> January 2022 can be self-certificated for up to 28 days. The staff member is not required to produce a Fit Note.
- This change to Fit Note timescales means a temporary change to the NHSScotland Attendance Policy, Absence Certification, Section 1.5.3.2 whereby the Fit Note will be required to be provided by GPs for periods of absence that are longer than 28 days instead of more than 7 days.
- Other provisions of the NHSScotland Attendance Policy are unchanged. These include arrangements for reporting, recording and monitoring sickness absence by staff manager and line manager, and return to work interviews.
- Occupational Health Services are not impacted by this change as such and it is possible to make appropriate referrals prior to 28 days sickness absence if they are about the staff member's health.

Further detail will be available in the [Covid HR Q&A Section 1](#).

**Baird and Anchor Project** What a year it has been for the Baird and ANCHOR Project. Currently the biggest NHS capital project in Scotland, it started on site in January 2021 and both buildings are emerging from the ground, with The ANCHOR Centre steel frame being completed in November.

It's not been plain sailing with Covid-19 restrictions making us all work differently and causing supply challenges for our construction partners, but despite this we are still on track for both buildings to open in 2023.

Included in the highlights for the project this year, there was virtual launch in May 2021. With Covid restrictions preventing an in person launch we had to get creative, and the virtual launch platform

evolved. We created a virtual hospital where you can get more information about the project, take virtual tours of both buildings, hear from our patients, and learn about our charity partners. The beauty of a virtual launch is that it is still available

at <http://bit.ly/BairdANCHORvirtuallaunch>

The team have been working really hard this year to finalise room designs and despite services that will move into the two new buildings being exceptionally busy they continue to redesign service to ensure they are ready for the future.

We continue to engage with staff and wider stakeholders on a regular basis albeit virtually and we continue to involve stakeholder in areas where they can still influence.

Our main fundraising partners Friends of ANCHOR and The Archie Foundation have recommenced their fundraising campaigns following delays caused by the Covid restrictions. Friends of ANCHOR announced in October 2021 that they had reached £1m of their £2m 'Anchored Together' campaign target. The Archie Foundation are also in the process of launching 'The Baird' campaign which will get underway in 2022 and also has a £2m target.

A big thank you to all involved for their continued hard work to deliver these exciting new facilities. To find out more please visit [www.bairdanchor.org](http://www.bairdanchor.org) and follow our social media channels - Facebook, Twitter and Instagram.

**Thought for the Day** For the final thought for the day of 2021 we turn to Countdown's Susie Dent. Writing for The Guardian earlier this week, Susie discussion "the joy of reclaiming long-lost positive words".

She eventually settles on the one word she would particularly like to bring back in 2022 "Respair".

Susie wrote: *"One English word surely stands above all others from the corners of the dictionary. I mention it all the time, because I'm determined to bring it back. Or bring it anywhere in fact, for it never really enjoyed more than a day in the sun. 'Respair' has just one record next to it in the Oxford English Dictionary, from 1525, but its definition is sublime. Respair is fresh hope; a recovery from despair. May 2022 finally be its moment."*

I think we can all agree with Susie on that one!

Have a happy and safe Hogmanay folk, we'll be back in 2022.

## Bringing in the Bells

Sing Auld Lang Syne outdoors only, stay 1m apart and resist the temptation to link hands. You can belt it out more and it will probably sound better too!

Flow before you go

If socialising indoors, keep the windows open

First foot with a mask or be safer still and do it virtually

Boost your protection by being vaccinated - clinics are open for business from 3rd Jan

**Happy New Year!**



To read Susie's full Guardian article [click here](#)

**Tune of the day** I was going to use the top selling song of 2021 as today's song... then I realised I didn't know what a Dua Lipa was and scrapped that plan. (It's Gary here by the way, Emma may or may not be infinitely more down with the kids.)

Instead we turn to one of the best party anthems of this millennium – [The Killers Mr Brightside](#). Turn it up and let it put you in the mood for welcoming in 2022 folks.

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.