

COVID-19 Brief

coronavirus

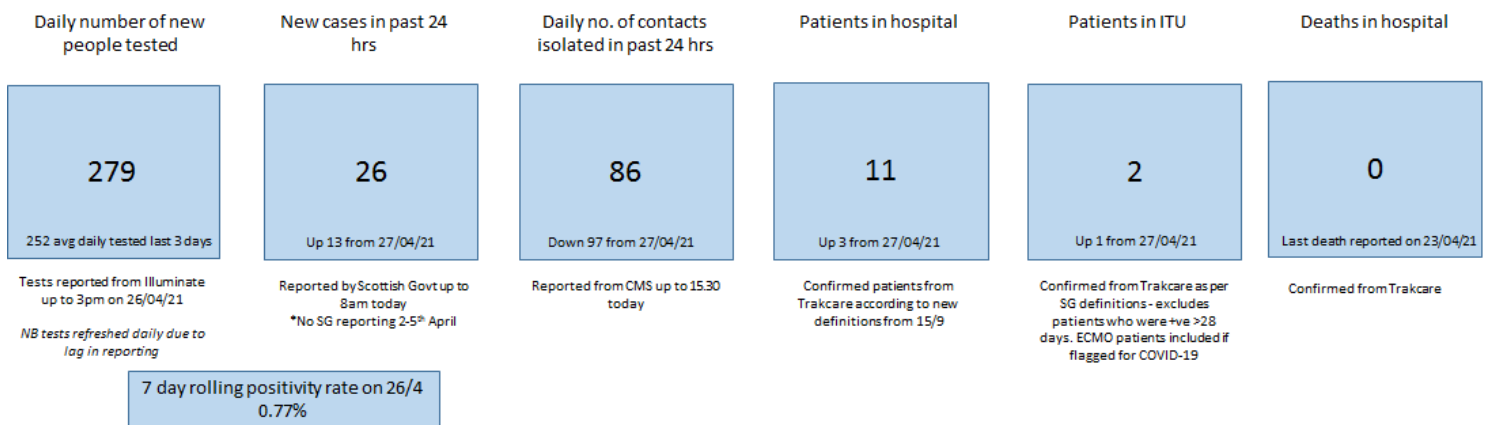


Here is the brief for Wednesday 28 April 2021.

I'm young and fit so I don't need the vaccine – but what about Long COVID? Younger people who catch COVID-19 may well have a reduced (although not zero) chance of being admitted to intensive care or dying, but what about getting 'Long COVID'? This is a spectrum of symptoms and signs which develop or persist longer than 12 weeks after infection. Evidence as to how common this is, is still emerging. However, early studies suggested the chances of developing this in older people with serious original symptoms is around one in five, but even in young fit people who have mild symptoms the chances of getting this problem was one in ten. These figures are almost certainly a considerable underestimate. A study early on in the pandemic demonstrated that almost 70% of a small sample of people diagnosed with COVID-19 had a range of symptoms and damage to one or more of their vital organs four months after their initial infection.

Symptoms include fatigue, muscle pain, breathlessness, headache, persistence of cough, prolonged loss of sense of smell, anxiety, depression and 'brain fog'. Damage was found in the heart, lungs, kidneys, liver, pancreas and spleen, sometimes singly but, in a quarter of cases, in multiple organs. Another study has demonstrated brain abnormalities in some cases. Is deciding not to have the vaccination really a chance worth taking, given the very real risk of long-term symptoms and organ damage?

Grampian data The local figures for today and the 7-day rolling positivity rate are 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, whereas the figures we show here only record new tests.



If you are interested in seeing what is happening in your area, this information is published daily by Public Health Scotland. All you need to do is click [here](#) and select the appropriate local authority area.

PPE supply – upcoming store closure Due to the May Day Public Holiday, the PPE Store will be **closed** on Monday 3 May 2021. Please ensure you have adequate supply to cover this closure. Our Site and Capacity colleagues will be available on Monday for extremely urgent supplies **only**.

Supporting safe socialising this May Day A big thank you to Jeni Nelson (staff nurse) and Claire Chernouski (physician associate) from the Emergency Department at ARI for taking the time to speak to local media outlets today, encouraging people to enjoy themselves responsibly over the long weekend. With this in mind, we'll be sharing some top tips (the serious, and not so serious) for safe socialising in tomorrow's brief.



Jeni (left) and Claire (right) speaking to reporters.

Grampian Area Partnership Forum endowment funding Each year the Grampian Area Partnership Forum (GAPF) is allocated funding from the NHS Grampian Endowment Committee for staff use. Meetings to allocate funding are held monthly and applications to be submitted by the first of each month for consideration. Applications are welcomed and encouraged from groups of staff or individuals. The guidance and application form can be found on the [Partnership intranet site](#) (networked devices only) or for further information you can email gram.partnership@nhs.scot

***Tune* for the day** A slight change to the name, to better reflect what we're doing with this part of the brief right now. Thank you very much to everyone who has already submitted their request, we're keeping them safe and will be sharing over the coming days. Today's suggestion comes from Dr Joanne Owen, a GP in Banchory (and her resident teens!) – a warning from Joanne that you may find yourself [earwormed by this one](#) by Neon Trees. Apparently, the cure for ear worms is to chew gum – who knew? If you've got a song to suggest, drop us a line via the email address below.

Questions to ask? Information to share? If you have particular questions – or are aware of questions coming from friends and family – please share them with us. We may not be able to answer every question and it may take us time to get a proper answer, but we will endeavour to respond and share the answers. You can get in touch with us via gram.communications@nhs.scot. Please also use that email address if you have items for consideration for future briefs.