

Here is the brief for Monday 4 October 2021.

Staff testing programme IMPORTANT UPDATE Following discussions between Public Health, Occupational Health, and Infection Prevention & Control, it has been agreed that health & social care staff (and their household members) **should only seek a PCR test if they are experiencing any of the three classic COVID-19 symptoms**. You are no longer required to arrange a PCR test for extended symptoms. This is a change to the previous advice for health & social care staff and is effectively immediately. The online booking form and testing policy, as well as the HR Covid Q&A have been updated accordingly.

As a reminder the three classic COVID-19 symptoms in line with NHS Inform advice are:

- Loss in sense of taste or smell
- A new, continuous, cough. This means coughing for longer than an hour, or 3 or more coughing episodes in 24 hours. If you usually have a cough, it may be worse than usual.
- A high temperature/fever – that is, above 38C

This decision recognises the very effective vaccination programme in place, and that the requirements for isolation of contacts and return to work have changed. [You can see further information on those changes here](#).

You should continue to adhere to Safer Workplace measures and follow the relevant infection control procedures in your workplace. If you are not already participating in the staff twice-weekly LFD testing programme, [you can register to do so here](#).

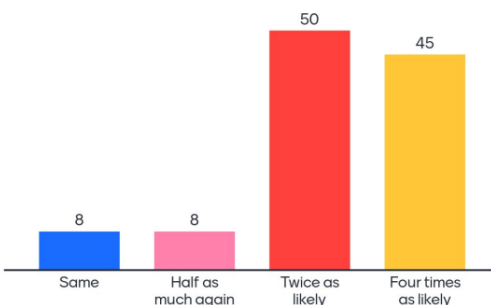
If you – or a household contact – are awaiting the results of a PCR test, please self-isolate as per the current guidance.

COVID-19 – how much do you know? We left you with two questions to consider over the course of the weekend. A reminder of these and your responses are below:

1. How much more likely is it that unvaccinated people develop symptoms lasting more than 28 days, compared to fully vaccinated people?

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Mentimeter

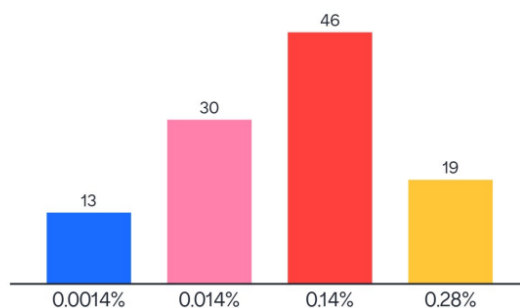


The answer was (c) twice as likely. Once again, this result is taken from the results of the UK symptom reporting app. They not only find that the incidence of symptoms lasting 28 days or more in cases who are fully vaccinated is half that in unvaccinated people, but they also demonstrate that more people in the vaccinated than in the unvaccinated groups were completely asymptomatic. These observations reinforce the Long Covid benefits of vaccination, as well as supporting the current policy of encouraging fully vaccinated people who are interacting with unvaccinated or vulnerable people to undertake regular COVID-19 testing.

2. What percentage of fully vaccinated people will be admitted to hospital with Covid-19 within a month of completing the vaccination course? For reference, the course is considered complete 14 days after the second injection.

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The answer was (a) 0.0014%. Most of you who responded thought that it would be much more common than this. The result comes from the same UK symptom app showing that, in following up 5,150,310 people who had received two doses of vaccine, only 71 of them were admitted to hospital after 14 days from their second dose, producing this very low percentage. It needs to be noted however that the median follow-up period for this vaccination group was only 35 days. It is clear that if the follow up period is longer the likelihood of these vaccinated people contracting COVID-19, and hence the number of people who will be hospitalised, will increase. Nevertheless, the take home message is that, even although the majority of hospital cases of COVID-19 now are in people who are fully vaccinated (as discussed in a previous daily brief), the chances of fully vaccinated people being admitted to hospital with the disease are remarkably low.

You can read these two articles [here](#) and [here](#)

We hope you have enjoyed these questions and the explanations of their answers. They all point to the vital importance of everyone who is eligible to receive the vaccine getting it as soon as possible.

Travel rules As of today, the rules governing international travel have changed, with the removal of the 'green' and 'amber' lists. [Before planning any trip, you are encouraged to check the current guidance](#), available on the Scottish Government website. [You should also consult the relevant sections of the HR Q&A.](#)

COVID-19 text scams We continue to receive reports of various text and telephone scams. These take different forms but have included links to booking a PCR test or arranging COVID-19 vaccination. Please remember that any request for payment for these services should be a 'red flag' – the NHS does NOT charge for these services.

Grampian data The local update for today (and across the weekend) is shown below:

	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 2/10	1221	257	304	61	10	2 <small>01/10 & 02/10</small>
Sun 3/10	1060	228	372	64	10	0
Mon 4/10	850 <small>1044 avg daily tested last 3 days</small>	231 <small>Up 3 from 03/10/21</small>	349 <small>Down 23 from 02/10/21</small>	66 <small>Up 2 from 03/10/21</small>	8 <small>Down 2 from 03/10/21</small>	0 <small>Last recorded death 02/10/21</small>

Tests reported from Illuminate up to 3pm on 01/10/21
NB tests refreshed daily due to lag in reporting

Reported by Scottish Govt up to 8am today

Reported from CMS up to midnight

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

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

Confirmed from Trakcare

7 day rolling positivity rate on 01/10
 6.74%

[The Public Health Scotland daily dashboard is available to view via this link.](#)

NMC - Meet the regulator If you are registered with the NMC, we have an opportunity for you to meet Linda Martin, the Regulation Adviser for Scotland and Anne Trotter, Assistant Director of Education and Standards, **this Wednesday (6 October) at 1pm**. This is your chance to find out more about the work of the NMC, learn more about the Fitness to Practice process and hear some case studies, ask questions about registration and revalidation. This event is open to all NMC members and all student nurses/midwives. To book your place, just email catriona.sutherland@nhs.scot

If you are unable to attend you are still welcome to submit a question, the event will be recorded, and a link made available to view afterwards.

Black History Month October is Black History Month. The University of Aberdeen have organised a number of events to mark the occasion – [more details are available here](#).

Tune of the day Lindsey Skinner gets us underway for another working week with a bit of Steve Harley & Cockney Rebel and [Make me Smile \(Come up and see me\)](#). As Lindsey says, it's an oldie but a goodie!

If you want to request a song for tune of the day, follow up on items included in this brief, or suggest an item for sharing, drop us an email via gram.communications@nhs.scot