

Here is the brief for Friday 4 June 2021.

Restrictions – move to Level One From 0.01am tomorrow (5 June) Aberdeen City, Aberdeenshire, and Moray will all move to Level One restrictions. We highlighted some of the key changes in Tuesday's brief and full information on what this means can be viewed in the [Scottish Government's online guide to levels](#).

Dr Derek Cox, Consultant in Public Health, said: "The move down to Level One is, of course, incredibly welcome. We've had to cope with so many restrictions on how we live our lives over the last 15 months, that the taste of increased freedoms is irresistible. People in the north-east are renowned for their caution and good sense and I hope these will be on display yet again. Meeting outside, rather than inside, and keeping our social groups smaller are two simple steps we can all take to keep ourselves and others safe.

"I know people may point to our relatively low case numbers, and the very small number of people in hospital, and say we are being too cautious, perhaps even being killjoys. The fact is, now is absolutely the time for caution – by the time we see rising case numbers and more people in hospital, it becomes so much harder to break the chains of COVID-19 transmission. It's also a fact that we have seen cases of the Delta variant of COVID-19 confirmed in Grampian. The numbers are small – for now – but the evidence suggests this version of the virus is highly transmissible, even among those who have been vaccinated.

"The list of things permitted under Level One restrictions should be seen as limits, not requirements. Yes, you can have six people, from three households, meeting in a private home – but do you need to? Yes, you can have people staying overnight in your home – but do you need to?

"Finally – and I know this is a message you will have heard before – we all need to keep testing. If you don't have any symptoms, then taking a Lateral Flow Device test, ideally twice a week, helps us spot cases quickly and offer all the necessary support to self-isolate. If you do develop symptoms, book a PCR test. It may be tempting – and seem quicker – to use an LFD test, especially if you have them available at home, but if you have symptoms only a PCR test will do."

[Staff LFD testing programme](#)

[Staff PCR test booking form](#)

COVID-19 vaccination – information videos The Scottish Government have created a number of videos, to help people make an informed choice about getting vaccinated. We will be sharing these via the NHS Grampian social media accounts, but we thought these would be of interest to health & social care staff and something you may wish to share in your own networks. All links below take you to YouTube.

[COVID-19 vaccination – the facts](#)

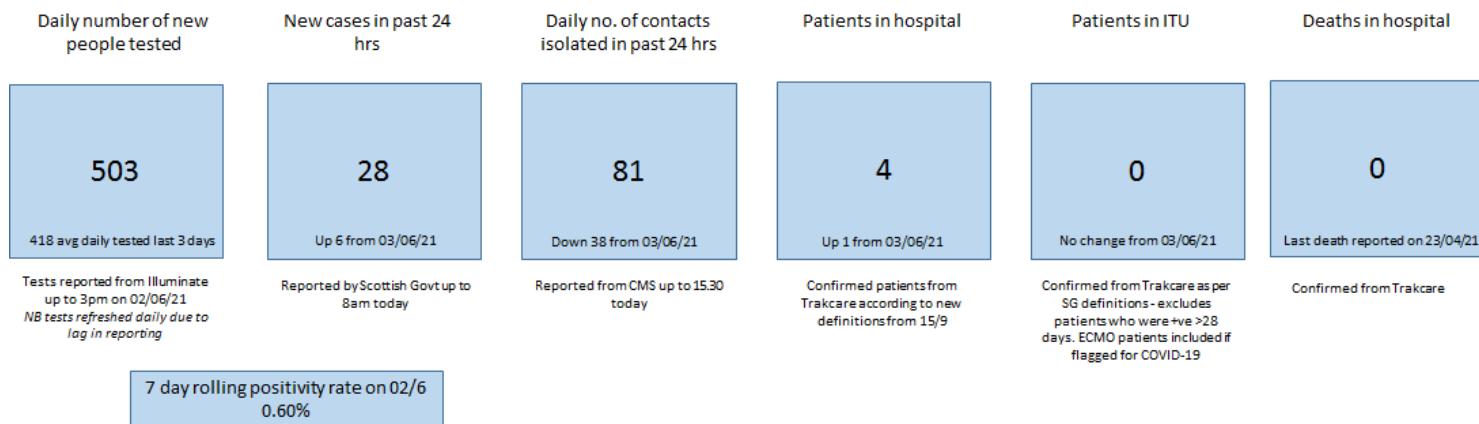
[COVID-19 vaccination – breastfeeding and pregnancy](#)

[COVID-19 vaccination - safety](#)

[COVID-19 vaccination and religion/faith](#)

COVID-19 vaccination – Pfizer jab approved for 12-15 year olds As you may have seen, the Medicines & Healthcare products Regulatory Agency (MHRA) has today confirmed the Pfizer jab may be safely given to those aged 12-15. At present there is no widespread vaccination programme for those under the age of 18, though some exceptions are in place for those aged 16-18 to be vaccinated with Pfizer. It will now be up to the JCVI to advise on whether this age group will be vaccinated as part of the programme. [You can read more about the MHRA decision on their website.](#)

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.



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

Are you flushing? A reasonable number of you reading this will now have been away from your usual workplace for more than a year. Taps and toilets which were in regular use may be sitting dormant for days or weeks at a time. To avoid the risks associated with stagnation and the potential for bacterial growth in water systems, it is extremely important that there are also local routines in place to ensure that little used water outlets and any devices/equipment connected to the water supply are being routinely flushed consistent with current risk control notice (RCNs). All water outlets must be run or flushed for a minimum of three minutes twice weekly in all areas. **All types of outlet should be considered for flushing including toilets, dishwashers, washing machines, macerators, water fountains, and dental chairs as these are all connected to the water system and so must be flushed to keep the water system moving.** During any temporary closure of wards/departments or sites, a procedure for flushing the hot and cold water service systems should be implemented this procedure must include a signed record of flushing activity within the department held for five years. Flushing of water outlets is a devolved management responsibility and arrangements must be put in place to control the use of water systems. [More guidance on flushing is available on the Intranet](#) (please note you must be on a networked device to access that link.)

PPE 3 week look ahead:

PPE Summary - Predicted Equipment Remaining at the end of each week

	FFP3 Mask	type IIR mask	Covid Gowns	Theatre Gowns	Visors + Goggles	Aprons	Gloves
May 31, 2021	270,532	247,068	10,919	7,628	21,364	830,013	1,514,764
June 7, 2021	272,720	250,913	10,939	8,079	21,287	830,013	1,514,764
June 14, 2021	274,907	254,757	10,958	8,531	21,211	830,013	1,514,764
June 21, 2021	277,095	258,602	10,978	8,982	21,134	830,013	1,514,764

■ Stock < 0
 ■ Stock <= 2 Days
 ■ Stock <= 5 Days
 ■ Stock > 5 Days

Praise for domestic teams We're pleased to share a poem sent in by a member of the public – Jim Henderson – in praise of our domestic teams. Jim made a point of giving this directly to some of the staff in ARI, which definitely put a spring in their step! Everything we do in health & social care is a team effort, but it's great to see our domestics get particular recognition.

People pass you every day,
But do they ever stop and say,
For all the work you do
We'd like to say "thank you".
All your effort to dust and clean,
May go unnoticed, maybe unseen.
Perhaps we should all stop and ask,
Without you, could others do their task?
Great would be our despair,
If we found you were not there.
On behalf of us all, let me say "thank you"
For all the valuable work you do.

Orange Award Huge congratulations to Gordon Christie, respiratory consultant and recent winner of the Orange Award! If you know somebody (or somebodies) who is deserving of recognition for their efforts in health & social care, why not nominate them? [This can be done via the Orange Award online form](#) or by emailing gram.nmahporangeawards@nhs.scot

Free Beginners and Intermediate Outdoor Tennis Coaching for Staff The NHS Grampian Sports Committee are pleased to announce the resumption of free beginners and intermediate level outdoor tennis coaching for staff. The sessions will be 7pm-8.30pm every Thursday evening at the Foresterhill Tennis Courts. They got underway last night and will run through to 2 September 2021.

Tune of the day The thing with this feature is that it can often send you falling down a rabbit hole – and today is one such occasion! We start with a request from Nicola Preston (Operational Lead Physiotherapist Elderly Rehabilitation, Rosewell House) – she's suggested [The Muppets own unique take on Bohemian Rhapsody](#) (do watch to the end, as there's a comment that's bound to strike a chord!). This then led me to the wonderful Rainbow Connection (recently added to the Library of Congress in the US due to its cultural significance) and [this special solo performance by Kermit](#).

Whatever you are doing this weekend, take care, stay safe, and we hope you all get some time to rest.

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.