

# Core brief

## Daily update

(29 December 2021, 3.15pm)

Topics in this Core Brief:

- Staff exemption from 10 day self isolation
- PCR testing – prioritisation for staff
- Have a COVID safe festive season
- Active staff survey
- ScotRail emergency timetable
- Live Arts Events

### Staff exemption from 10 day self isolation

Just a reminder that there has been an amendment to the self-isolation exemption for Health and Social Care Staff. To clarify, staff who are household or passing contacts of COVID-19 positive cases, can be exempt from the requirement to self-isolate for 10 days, and are expected to return to work when they:

- are double-vaccinated and had their booster (14 days before);
- are asymptomatic and remain asymptomatic,
- undertake a PCR test (which returns a negative test result before returning to work). There are now prioritised slots for health workers (see below), and;
- undertake daily LFD testing for the remainder of the 10 day period.

### PCR testing – prioritisation for staff

As demand for COVID testing reaches new levels, we can confirm that there are now 2 ways you can access a PCR test more quickly.

We can advise that national prioritised booking slots are available at test sites for all essential workers, including health and care workers. This can be accessed by clicking to confirm you are an essential worker when booking a test online. The link to the national priority slots is available here - [Get a PCR Test](#)

This is in addition to the local arrangements that we also have in place for PCR testing for employees which you can book here - [NHSGGC : PCR Test](#).

It is worth checking both for the most readily available slot.

### Have a COVID safe festive season

As we approach the festive season we would like to remind staff of the importance of maintaining the COVID safety control measures below, to ensure that those staff who plan to spend time with family and friends are able to do so safely:

Remember:

- [Stay at home if you have symptoms](#) – Please display this poster in a visible area.
- The priority remains for staff to work from home where possible
- Comply with **two metre Physical Distancing** and [wear a face mask/covering](#) – on breaks, using changing rooms, entering and leaving buildings. Ensure staff continue to be briefed on the use of face masks/coverings
- Avoid car sharing where possible. If car sharing is essential, please use a suitable face covering, keep windows open to allow the circulation of air and sit at the furthest points apart
- Continue to practice good hand hygiene at all times through washing and use of hand sanitiser
- Refrain from touching the nose, mouth or eyes with unwashed hands or touching your face covering/mask often
- Avoid sharing equipment including stationery, keyboards and telephones and ensure cleaning protocols are in place
- Ensure protocols are in place so that high touch points are cleaned regularly including door handles and [screens](#)
- Open windows to allow natural ventilation and where there is mechanical ventilation, make sure it is on
- Complete a DATIX to report any health and safety shortfalls.

**Please note; there should be no shared food stations/buffets within the workplace.**

### **Active Staff survey**

It is now almost a year since we re-established the outdoor Bootcamps and also introduced online content including our well attended HIIT (High Intensity Interval Training), Yoga , Zumba , Let's get Moving and Legs, Bums & Tums classes!

We continue to be committed to giving you a positive experience, learn from your feedback so far and how we can improve things going forward.

We would be grateful if you could assist us by completing this short survey by clicking the following link:  
<https://link.webropol.com/s/activestaffevaluation1>

We look forward to receiving your feedback which will close at noon on Friday 21 January 2022.

### **ScotRail emergency timetable**

Due to continuing staffing issues, ScotRail will be introducing an emergency timetable from 4 January. This timetable will be in operation until at least 28 January, but may be in place for longer. This change mainly withdraws additional services which operate at peak time, but some routes will see changes throughout the day. Early morning and late evening services are generally retained. The information will be posted on the [ScotRail](#) website and app in the coming days.

### **Live Arts Events**

Your Live Arts Events have gone digital. As the artists and performers can't be with you in our hospitals at the moment, they have created a unique selection box of online screenings.

Our Sessional Digital Live Arts Programmer, Glen Dickson has had a ball over this last year bringing bi monthly, digital live art events to NHSGGC patients and staff. He says 'It's been an utter joy.'

Please check out the [Winter programme 2021](#) (on StaffNet) and do share with patients, family and friends so that they too can click on the red mouse to see what has been packaged up especially for this time of year.

Please keep up-to-date with the latest guidance on our dedicated web pages at: [www.nhsggc.org.uk/covid19](http://www.nhsggc.org.uk/covid19). If you have any questions about the current situation please check the FAQs first. If you have any further questions, please email: [HR.Support@ggc.scot.nhs.uk](mailto:HR.Support@ggc.scot.nhs.uk).

Staff are reminded to make sure their [personal contact details are up to date on eESS](#).

**Are your contact details up-to-date? [Click here](#) to check**