

Core brief

Daily COVID-19 update (30 April 2020, 5.25pm)

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Public Holiday – Monday 4th May

Last year, the Area Partnership Forum agreed to continue to observe this Monday, 4th May, as the May Day bank holiday within NHSGGC. The 8th May, 75th anniversary of VE Day, will be a normal working day for NHSGGC staff.

As with Easter, the Cabinet Secretary for Health and Sport has asked GP practices to work this bank holiday. Once again, all GP practices have agreed to do so along with a number of community pharmacies.

The Community Assessment Centres will also open on Monday.

Tiger Face Masks

Revalidation

Recently, 8 million of the Tiger Medical Fluid Resistant Surgical Masks (FRSM) have been distributed to Health and Social Care services in NHSScotland. These FRSM are part of the UK pandemic stock holding NHS Supply Chain and Public Health England have worked with manufacturers and/or independent test houses to formally revalidate their approval for use.

The Type IIR facemasks did not have a labelled expiry and thus to ensure they remained fit for purpose an UK independent test house was requested to undertake periodic QA testing (EN14683:2014 standard was used) on these masks. Blood penetration testing was carried out as part of the testing.

There has been some concerns raised around the testing of these masks. The testing methods did change between 2005 and 2014 but the change was simply that the tests were combined (Bacterial Filtration Efficiency & Differential Pressure) whereas previously they were done separately. In summary, the testing in 2005 and 2014 were to the same standard. There have been subsequent updates, 2019, but those changes were not related to the two tests referenced above.

Fitting and Comfort

There have also been a number of comments regarding the fitting and comfort of these masks. The Board's PPE Sub Group has investigated these and consulted with other Health Boards through the National PPE Oversight Group.

The masks are one size fits all – which can be challenging to ensure a comfortable and secure fit. The Infection Control Team at NHS Lanarkshire have provided a table ([click here](#)) with suggestions to achieve a secure and comfortable fit. The attached document outlines options for potentially making these masks more comfortable.

New Bereavement Resources

We now have new [bereavement resources on our website](#) for anyone who has lost a loved one due to COVID-19. It also includes information for any death at this time.

Please pass this onto any relatives or loved ones who may need this support.

The pages include practical advice on steps after a death, registering a death and funeral arrangements. It also contains NHSGGC bereavement support services available to patients and their families, as well as links to external support.

If you need more information on bereavement support available, please contact: Professor Bridget Johnston bridgetjohnston1@nhs.net

Public health advice on vitamin D supplements

For many people, the current stay at home guidance will mean being indoors for much of the day and not getting enough vitamin D from sunshine.

Since it's difficult for people to get enough vitamin D from food alone, everyone (including children and pregnant and breastfeeding women) should consider taking a daily supplement containing **10 micrograms of vitamin D**.

This advice is especially important for people who are indoors all of the time. Black and Minority Ethnic people are also more at risk of vitamin D deficiency.

Taking the correct dose of vitamin D does not cause harm. However too much vitamin D may be harmful. Unless your doctor has advised you differently, daily supplements at the recommended amounts will be enough for requirements. In particular, avoid daily high dose vitamin D supplement containing more than 100 micrograms for adults and children from age 11, more than 50 micrograms for children age 1-10 years, and more than 25 micrograms for infants under 12 months.

More information can be found on babies and young children and pregnant women here: <https://www.gov.scot/publications/vitamin-d-advice-for-all-age-groups/>

Please keep up-to-date with the latest guidance on our dedicated web pages at: 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: staff.covid19@ggc.scot.nhs.uk

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

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