

Here is the brief for Thursday 29 July 2021.

**Exemption from self-isolation – health & social care staff** Following consideration of detailed guidance from Scottish Government, we will be implementing exemption from self-isolation according to the flowchart which accompanies today's brief. Please read it carefully, bearing in mind the following points:

- This is an interim position. As restrictions are further eased, we expect this guidance will be refreshed and we will communicate the updated position via this brief and management channels.
- This process applies to everyone working in health & social care in Grampian, including those employed by private providers.
- This guidance will only be used 'in extremis' – this means in an emergency situation, where there is a risk of harm and all other mitigations have been exhausted. It is not part of our 'business as usual' process.
- Individual staff cannot request exemption. The decision can only be taken at an organisational level and requires sign-off by the Executive Director On-Call in the case of NHS Grampian staff or the relevant Senior Manager On-Call for primary care and/or HSCP staff.

**International travel update** Fully vaccinated people from the EU\* and US will be able to travel to Scotland without quarantining from Monday (2 August).

The need for travellers to self-isolate for 10 days upon arrival in Scotland is being waived subject to countries covered remaining on the amber travel list.

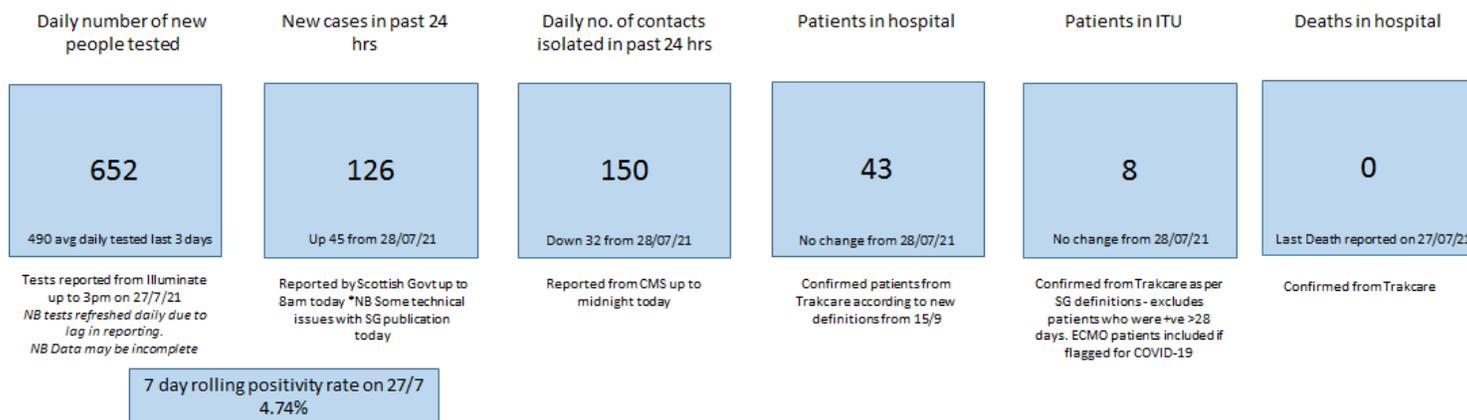
The easing also removes the need for a PCR test on day eight after arrival and is a major relaxation of travel restrictions. All travellers will still be required to produce a negative test prior to departure and a negative PCR test on day two after arrival.

It should be noted this covers **arrivals into** Scotland only. The US border remains closed to travellers from the UK. Different arrangements may be in place for arrivals into EU countries and anyone planning to travel is advised to understand these in advance. [You should also view the HR Q&As, which include guidance on what staff should do in the event they are required to quarantine on return from international travel.](#)

\*Concerns about the prevalence of the Beta COVID-19 variant mean arrivals who have been in France in the previous 10 days are not eligible.

**COVID-19 vaccination status** If you require proof of your COVID-19 vaccination status this can be obtained either online or by phoning the COVID-19 Status Helpline on 0808 196 8565. The helpline is open every day from 10.00am to 6.00pm. [All the information you need to obtain proof online is available on the NHS Inform website.](#) If you were vaccinated as part of the staff programme, or no longer have your 'blue envelope' letter, which contained your username, you will need to follow the instructions on 'recovering your username' at the above link. Vaccination status is not proof of identity. It does not guarantee access to international travel.

**Grampian data** Here is the local update for today, including the 7-day rolling positivity rate. 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. The figure for the “daily number of new people tested” is only for the number of tests for people who have not been tested previously.



A national update is available on the [Public Health Scotland daily dashboard](#).

**ECG electrodes – resuscitation trolleys – action required** Following a field safety notice we need to make a change to the ECG electrodes on the Resuscitation Trolleys. The field safety notice has requested that we only have ECG electrodes with a textured or patterned backing on the resuscitation trolleys. Teams are asked to only have this specific type on your trolley:

ECG Electrodes	ELECTRODE ECG Q-00-S Q-00-S/25 1 x 25	Pecos Code 048151	£4.25
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These are the Ambu brand and come in gold packaging. Other types of electrodes that you have in stock can continue to be used for routine monitoring. This is only a change to the ones that are on your resuscitation trolley.

**Tune of the day** Heather McFadyen is next up at the jukebox, and her pick is definitely one of the more unlikely cover versions I’ve come across – [Steel Panther reinterpret I Want It That Way by Backstreet Boys](#). If you are tempted to check out Steel Panther’s back catalogue, please exercise caution. Their general output is most definitely NOT safe for work. Or small children. Or the elderly. Or...you get the idea!

**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](mailto:gram.communications@nhs.scot).