

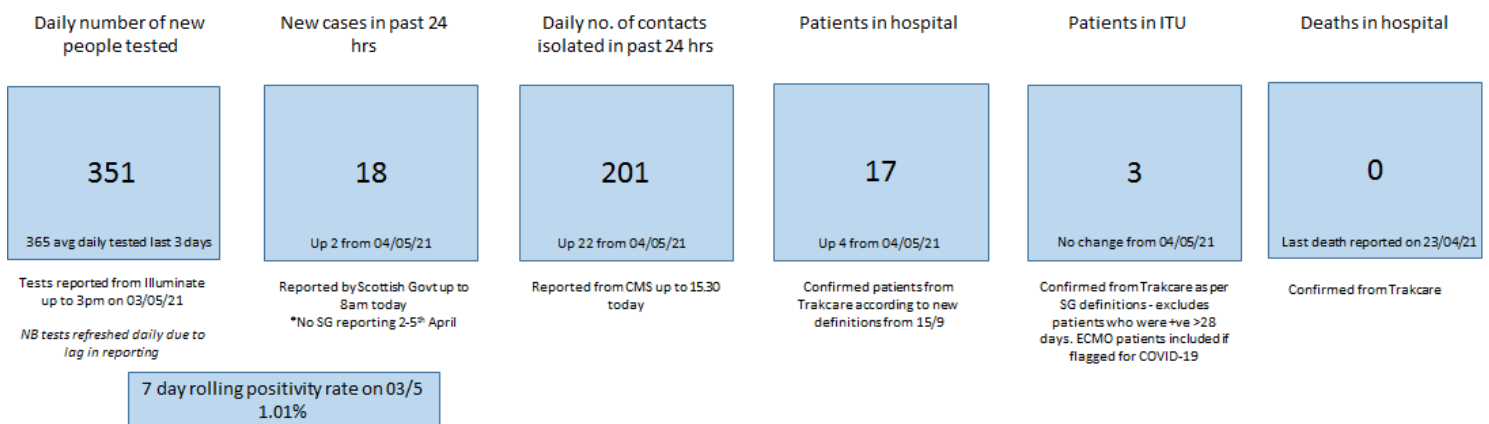
Here is the brief for Wednesday 5 May 2021.

**COVID-19 in Moray** Given the rising case numbers being seen in Moray, we wanted to provide an update on the situation. Previous spikes in numbers have been observed since early March, but these were restricted to known events or settings, and could be managed with specific interventions. In contrast, the increase we have seen since mid-April involve an increasing number of cases across the community which we are unable to trace to a known source. This indicates community transmission with cases associated with a variety of settings and sectors including education, care, workplaces, and retail.

The availability of testing in the area has been broadened and, as highlighted last week, people are being encouraged to seek a test even if they aren't experiencing the 'classic' COVID-19 symptoms of fever, new cough, or change/loss of their sense of taste or smell. The wider range of symptoms includes chills, sore throat, headache, runny nose, shortness of breath, general weakness, muscle pain, and diarrhoea. Anyone experiencing these symptoms should arrange a PCR test. The general public should go via NHS Inform to do so, while the [staff testing programme](#) is the route for anyone working in health & social care.

Rapid asymptomatic testing is also on offer, with full details on locations available via the [Moray Council](#) website. Not everyone who has coronavirus will have symptoms, so people could be spreading the disease without knowing it. We are asking everyone to take a test to help us find cases – with support to self-isolate available - helping their community, families, and friends stay safe and slow down the spread of the virus. In addition, we are working closely with the local authority, other public sector partners, and the business and tourism sector to underline the key public safety messages.

**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.



If you are interested in seeing what is happening in your area, this information is published daily by Public Health Scotland. All you need to do is click [here](#) and select the appropriate local authority area.

**COVID-19 vaccination – public programme** Appointments are now being issued for everyone in the 40-49 age cohort. In addition, we are continuing to administer second doses for those vaccinated during the first phase of the programme.

We know there are people who do not traditionally take part in vaccination programmes. Different cultures, languages, and economic challenges can all be factors in this. Given the significance of this vaccination programme we have worked extra hard to ensure everyone who wishes to be vaccinated, can be vaccinated. To date, this has included an outreach clinic at the City of God church in Aberdeen in support of the African community, a special clinic for homeless people which also saw other agencies provide advice and support, and workplace clinics in Moray. We continue to explore other ways we can ensure fair access to vaccination for everyone living in the region.

As a whole, the programme remains on track and we are confident that we will have offered vaccination to all those eligible in line with the national programme. However, we really need the support of the public to keep making progress. If anyone receives an appointment and cannot attend, they should use the contact details in their letter to rearrange the appointment. It takes just minutes, but it ensures we can offer the slot to someone else and - crucially – means we do not waste vaccine.

**International Day of the Midwife** 5 May is designated the International Day of the Midwife and Jane Raitt, Chief Midwife, has recorded [this video message](#) to mark the occasion. The theme of this year's event is Follow the Data: Invest in Midwives, recognising that midwives are one of the most cost-effective strategies in global healthcare – to achieving full sexual and reproductive health coverage and reproductive freedom for women and all who give birth. A huge thank-you to all midwives – and the teams that support them – working across Grampian.

As highlighted in Friday's brief, all staff are being encouraged to mark International Day of the Midwife and International Nurses Day (12 May) by donating to their local foodbank. You can arrange a collection in your teams or just make a contribution on your own. This is our way of giving back to the communities of the north-east who have done so much to support us over the last year (and more). If you aren't sure where your nearest foodbank is, you can check [The Trussell Trust website](#) (Aberdeen City and Aberdeenshire) or contact [Moray Food Plus](#).

**Seconds Saves Lives - Clean Your Hands!** Today is World Hand Hygiene Day. This is a worldwide campaign and an annual event calling on all healthcare workers to achieve effective hand hygiene at the point of care. Hand hygiene is considered one of the most important practices in preventing onward transmission of any infectious agents, including COVID-19.

We should all be 'bare below the elbow' in clinical practice areas to enable effective hand decontamination. Interim Executive Nurse Director June Brown has recorded [this video message](#), with a detailed reminder of what this means in practice. The scientific evidence overwhelmingly shows that appropriate hand hygiene is the single most effective action to stop the spread of infection (World Health Organisation 2020).

- Health care workers: Now more than ever - clean your hands at the point of care.
- Facility Managers: Ensure hand hygiene supplies are available at every point of care.
- Policy Makers: Invest now to ensure hand hygiene for all.
- Vaccinators: Clean your hands with every vaccine.
- Everyone: Make clean hands your habit - it protects us all

Let's join with our fellow healthcare workers in our teams and globally and commit to effective Hand Hygiene. You can click [here](#) for more information on World Hand Hygiene Day.

**Infection Prevention & Control during the pandemic** You may recall that we circulated details of two webinars, held in March, which gave health & social care staff the chance to put questions and concerns on infection prevention & control to a panel of experts. The webinars were recorded and are now available to view via Turas - [Protecting yourself and your workplace environment | Turas | Learn \(nhs.scot\)](#).

**We Care Wellbeing Pulse survey - how are you?** As part of the We Care programme, regular short surveys will be run to check in with you and see how you are doing. The first survey is now live and can be accessed via [this link](#) or by scanning the QR code below. The survey is anonymous, should take just a few minutes, and you don't need to be on a networked device to access it. Please share the survey link widely with your colleagues/teams, especially those not on email #GrampianWeCare



**Tune of the day** We do enjoy an opportunity for a themed tune and as today is both World Hand Hygiene Day and International Day of the Midwife, it's two for the price of the one! First, it's back to 1997 for [this tune from Reef](#) (we are assured their hands were clean, before they were placed anywhere). Secondly we go way, way back to 1964 and a [Motown classic from The Supremes](#).

**Questions to ask? Information to share?** If you have particular questions – or are aware of questions coming from friends and family – please share them with us. We may not be able to answer every question and it may take us time to get a proper answer, but we will endeavour to respond and share the answers. You can get in touch with us via [gram.communications@nhs.scot](mailto:gram.communications@nhs.scot). Please also use that email address if you have items for consideration for future briefs.